

# Grounding Through Body Awareness

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Meditation: Grounding Through Body Awareness

Find a comfortable seat

this could be on the floor on a cushion, or on a chair  
for this meditation we want connection to the ground  
so if you're sitting on a chair plant your feet flat on the ground  
and if you're sitting on a cushion, take your cushion to the floor

Either sit on your knees with your shins and the tops of your feet rooted to the earth  
or cross your legs and arrange the height of your cushion so your knees are lower than the  
height of your hips

Once you're comfortable in your seat  
sit up tall, close your eyes, and gaze softly at the ground ahead of you  
seal your lips and breathe gently, quietly, and slowly in and out through your nose

with every exhale breath allow the weight of your body to release further down towards the  
ground  
With every inhale breath, notice an opposing upward lifting energy that lengthens your spine a  
little bit taller  
with each exhale breath release the shoulders, hips, and legs towards the ground  
With each inhale breath, feel a gentle lightness, a gentle upward lifting

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### Meditation: Grounding Through Body Awareness

Rest here for a moment, finding a balance between these two breaths  
Grounding exhale, upward lifting inhale

(pause 3-5 breaths)

Now take your attention a more towards the exhale breath  
Let each exhale breath take a little more time than each breath in  
Lengthen and extend the exhales  
Gently and comfortably, without trying too hard

Now notice all the points of your body which are touching down and connecting to the ground below you, to the earth  
The soles of your feet, or your ankles, your shins, your sitz bones, the back sides of your thighs

With every exhale breath, as you further ground by releasing energy down into the earth,  
Imagine that each of these connection points expands a tiny bit, widens.  
The way water spilled on the floor slowly begins to spread

And if at any time you feel as though you're melting down a little too much,  
Just remember the accompanying lightness of each breath in.

Rest here, aware of this play, and this connection between the solidity of your body and the firmness of the earth

(pause 3-5 breaths)

And now of course the mind is still active, perhaps very active

Anytime that you notice the mind has wandered off, chasing a thought  
Spend no time wondering why  
Spend no time wondering on what  
Spend no time judging the meditation or yourself as good or bad

Simply bring the mind back to the body  
Check back in with your sense of the weight of the body  
The form of the body  
The solidity of the body

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### Meditation: Grounding Through Body Awareness

Get very curious about your sense of the body

Is it heavy or light?

Still or in motion?

Solid or fluid?

Be present with the body

Right here, right now. With the body.  
Seated on your chair or your cushion.  
In touch with the ground.

Relatively still.  
Physically stable.  
Rooted.  
Grounded.  
Neutral.

(pause 3-5 breaths)

From this place of stability, continue to notice when the mind wanders off.  
And as many times as you need to, bring the mind back to the body  
Back to this anchor of the form of your body  
Stable, and connected to earth.

(pause 3-5 breaths)

Notice the body as home base for the mind.  
Wherever the mind goes, the body remains grounded.  
And whenever you notice the mind has gone,  
The mind has the grounded body to return to.

(pause 3-5 breaths)

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### Meditation: Grounding Through Body Awareness

Before you open your eyes

Check in one more time with the space in which your body meets the ground

Breath out, release down into this space, into the ground

Breath in, and push down into this space as you open your eyes

Stay here for 3-5 breaths with eyes open

Still aware of your body and the support of the ground beneath you

And as you rise up to stand,

Aware that to do so, you press down into the stable, ever present earth

