Grounding exercise

This exercise is called a grounding exercise. In it, you focus on the sensation of gravity in your body. The exercise has three parts, separated by pauses.

If you wish, you can first listen to the whole exercise. Now we will begin.

Choose a calm place and sit on a chair. Closing your eyes and taking a few calm breaths can help you focus.

If you feel it is helpful, sitting upright, gently stomping your feet, massaging, or stroking your skin can awaken sensations and strengthen the feeling of being grounded.

Pay attention to how your weight rests on your sitting bones in the area of your pelvis and buttocks. Feel how gravity pulls you into the chair.

Focus on the sensation of weight. Feel the chair beneath you and your skin against it. What does this feel like?

Now stand up and notice the pull in your legs and the feeling of the ground under the soles of your feet. Shift your weight from one foot to the other.

At the same time, observe how gravity affects different parts of your legs. Finally, distribute your weight evenly on both feet.

Now return to sitting and take a couple of deep breaths.

The exercise has ended.