

Grounding Meditation Script

Start by taking a few deep breaths; imagine the breath travelling down the body, down the legs and into the feet.

Feeling the feet heavy and connected strongly to the floor. Feel the breath expanding through the toes and expanding into the earth below.

Your feet are falling deeper and deeper in the warm earth.

You feel safe, held and supported.

Feel your feet becoming the roots of a great tree, expanding and connecting with the earth beneath.

Feel cradled in this space....

With your feet firmly rooted, feel that grounded energy travel up the body and imagine that your head, arms and hands are the branches of a mighty tree.

You are strong but can easily move. You become aware of the changing seasons around you and feel this gentle effect of shedding and rebirth on the body.

Feel the gentle changes and sounds of the countryside.

Feeling rejuvenated and alive.... Strong but subtle

Safe, supported and at peace (repeat)

Becoming aware of your present and focusing back in the room, coming back to full awareness and opening your eyes after 5,4,3,2,1