
MEDITATION: GROUNDING MEDITATION

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GROUNDING MEDITATION

This is a simple meditation you can do anytime to help you feel more grounded and stable. It only takes a few minutes and is useful when you're going into a situation which could be stressful or cause uneasiness.

Script

Find a comfortable spot to sit down. In a moment, I'll ask you to take three very deep breaths. With each breath, I'd like you to inhale through your nose, making sure that your stomach rises as you inhale. As you exhale, I'd like you to breathe out through your mouth, letting your stomach come back to its natural position. Go ahead and take the three deep breaths now, inhaling through your nose and exhaling through your mouth.

Continue to breathe normally now. Focus your attention on the base of your spine. Focus all of our attention on this spot. Now imagine a strong cord extending downward from this spot. With each breath, the cord goes down further and further towards the center of the earth. If it helps you, imagine an anchor at the end of this cord, helping it go down faster and further to the center of the earth. Now imagine this cord attaching itself to the core of the earth. You are now completely connected to the earth and you feel stable and strong. Imagine that as you breathe in, you take in the healing energies of the earth and as you exhale you release any tension and anxiety within your body. You are completely grounded now.

Go ahead and end this meditation for today by taking a deep breath and opening your eyes.

If you're interested in learning more easy meditations and also how to meditate the correct way, take a look at my full course at the link below.

[SIMPLE MEDITATIONS FOR COMPLEX TIMES](#)

Anyway, thank you for your time and don't forget to check out my blog for all of the latest tips and tricks for relieving stress and having a happy, healthy life.

[Ali's Blog](#)