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GROUNDING EXERCISE – SUMMER TREE

Sit comfortably with your feet on the floor, close your eyes and

Place your upturned hands on your lap

Listen to all the sounds around you, let them become unimportant.

Imagine the colour silver radiating down through you to your thoughts.

Listen to the chatter in your mind; let it become unimportant for a while.

Imagine the colour purple radiating in to your thoughts and washing them all away.

Feel the tension in your forehead, scrunch it up and let it all the worry goes as you relieve the tension there.

Imagine the colour indigo radiating down though you to your forehead.

Feel the tension in your neck, lift your shoulders up to your eyes, and let the tension go as you release the tension in your muscles.

Feel all those unspoken words in your throat. They can all wait.

Imagine the colour blue radiating down to your throat. Let go of the tension there. Relax and imagine a clear blue sky all around you.

Feel the tension in your shoulders, rotate your shoulders forward and reverse the direction, release the tension there.

Feel your heart beat racing and now tell it to slow down, as everything will wait awhile.

Imagine the colour green radiating down through your body to your heart.

Imagine green leaves on a tree gently blowing in the warm breeze.

Feel the turmoil in your stomach churning around, let it slow down now.

Imagine the colour yellow radiating through your body to your stomach.

Feel at those organs, your spleen, liver, and adrenals all busy working for you.

Imagine the colour orange radiating down through you to all those vital organs.

Feel the tension in your buttocks, tense up your buttocks and release that tension now as your muscles relax.

Imagine the colour red radiating down through your body to your buttocks and to your private parts.

Feel the tension in your knees, tense up your muscles in your legs and let that tension go as your muscles relax.

Imagine a reddy-brown radiating down through your body to your knees and legs and ankles. Imagine a strong tree trunk too.

Relax.

Open those legs now, place your feet about a foot apart, and imagine they are roots, grounding you to the ground.

Imagine the colour brown radiating down through your legs into your feet rooting you to the earth.

Imagine the earth beneath you, and the colour of the earth. Imagine that earthy smell too. Imagine the minerals and rocks beneath you too.

Imagine the hues of browns and greys and blacks beneath you.

Relax.

Say in your mind "I feel grounded and strong". Repeat this several times.

Add your name to this positive statement.

Now that you feel grounded and strong, listen to the peace, listen to your inner calm, and listen to your soul.

Just be in that peaceful place. Just "Be".

Now imagine silver light just radiating down through your whole relaxed, strong, calm body and mind.

Think of who you are, and what is important today. Remember that silver light radiating through you still.

Be aware of the background noise around you.

Be aware of where you truly are.

Collect your thoughts slowly, feel your relaxed body.

Think of your feet, like roots, anchored into the ground, grounding you I in this chaotic world and slowly, slowly open your eyes and look at this beautiful world.