

## HOW TO GROUND SELF: BASIC STANDING POSITION

Feeling grounded, peaceful and in your body, is increasing difficult in today's world. Here is a practice to put you in your centre to feel "grounded." This is another way of saying that you are in your whole body, (not just your head), and feel present and alert.

Practice when you are out in a crowd, waiting for transport or when you can.

Do this several times throughout your day

Practice for minimum of 1 and up to 3 minutes.

In chi kung, this position is called "Wu-Wei" and it is the basic posture for all the standing meditations.

### STEP 1

Stand with your feet hip width apart, slightly bend your knees.

Ensure that your feet are parallel as through you are standing on train tracks, your arms loosely by your side and slightly rounded with a little space under your armpits, your head positioned so that you chin is slightly tucked under. Relax your shoulders. Tuck your tail bone slightly under so that your back is straight.

### STEP 2

Put your tongue on the roof your mouth. Slightly lean forward, drop all your weight into the ground, so you are allowing your ankles and hip bones to support you, not your shoulders. Imagine you are sitting on a large ball so that you are fully supported.

### STEP 3

Gaze straight in front of you with a soft focus and a soft intention.

### STEP 4

Imagine that there are roots under your feet. These roots anchor you to the earth. They are strong and go deep into the earth and allow you to be nourished and fully supported by the earth

Imagine there is a golden filament at the centre your crown. This filament is attached to the heaven and streams down energy from above and you are nourished also by this filament.

Know that you are supported below and inspired and from above. You are safe. You are loved.

### STEP 5

Breathe in and allow your breath all the way into your diaphragm so your abdomen expands.

Hold for a few seconds before you breath out and allow the out breath to be longer than the in-breath. Your abdomen contracts.

Pause at the top of the out breath.

Repeat cycle for 1 to 3 minutes.