

Below is my favorite exercise for quickly and effectively grounding your energy system, balancing your chakras, and establishing a sense of calm. My suggestion is to record this meditative exercise in your own voice with your favorite relaxing music playing in the background. Have it readily available on your cell phone or tablet so that you can easily access it anytime you begin to feel anxious or off-balance. It's a great exercise you can do anywhere and as often as you need. Repeated often, this exercise actually assists your body to quickly enter into a state of peaceful well-being.

Namaste! ~ Susan

Grounding Exercise

1. Sit still with feet flat on the floor.
2. Close your eyes or soften your focus.
3. Inhale deeply through your nose to a count of four, filling your lungs with air
4. Exhale slowly, through your mouth – letting out all the air. Imagine your worries and stress being exhaled along with the air.
5. Repeat this deep breath 2 more times
6. While continuing to breathe slowly in through your nose and out through your mouth, take a moment to think about your feet on the floor. Imagine the energy from your body traveling down into your feet and then extending to the floor, below the floor into the ground like the roots of a tree. It continues driving down deep into the cold dark earth. Finally, hitting the hot molten center of the earth. Feel the warmth of this energy as it travels back up toward you, through the dark earth, passing through the floor and re-entering your body.
7. Now imaging the energy rising up through your chakras. It takes on the color of each chakra one by one, first red - then orange at your navel - next yellow just below your rib cage - green as it hits your heart chakra – turning blue as it enters your throat chakra – traveling up to your 3rd eye, a deep indigo blue – then a brilliant violet at the top of your head.
8. The energy continues traveling up, a brilliant white light extending beyond your head into the room, through the floors above, out the roof and upwards to the sky and out beyond the earth into the solar system, taking on all the wisdom of the heavens. After a moment, the white light travels back down from the heavens to the sky above, re-entering this building, down through the floors above, and back into your body through the crown of your head.
9. Inhale one more time deeply into the bottom of your lungs.
10. Exhale completely, feeling all of your stress and anxiety releasing.
11. Slowly open your eyes when you are ready.