

GROUNDING – MAIN POINTS

BENEFITS OF GROUNDING

- Helps manage intense feelings
- Digests the past and clarifies the future
- Promotes balance, calmness and relaxation
- Deepens connectedness with the *inner self*
- Promotes inner strength, solidity and a sense of identity
- Places us immediately in the *present moment*, the *here-and-now*

STEPS OF THE GROUNDING PROCESS

All that you do is follow *three basic steps*:

Step 1: Notice the physical sensations in your body whilst noticing the physical things and events around you. Use your five physical senses. Notice the inside and outside at the same time.

(a) Notice your physical body

- *Feel* the sensations (eg: tickles, tingles, warm, cool, tight, loose, heavy, light, still, moving)
- *See* the light, shadow, colour in your body
- *Hear* the sounds in your body
- *Taste and smell* sensations in your body
- Notice all parts of your body, from your toes to your head.
- Notice the calm, still, quiet, empty parts of your body.

(b) Notice the physical world around you

- *See* the objects, their colours and shapes,
- *Hear* the sounds – those that are close, distant, loud, quiet
- *Feel* what is touching you and what you can touch and feel (eg: clothing against your skin, your feet touching the floor.)
- *Taste and Smell* things around you.

(c) Notice inside and outside at the same time

- notice the physical sensations and the things and events around you
- try going back and forth between the inside and outside

As you *notice* whatever is there, fully *accept* whatever it is you are noticing; that is, allow it to be as it is without changing it. Also, open up to what you are noticing, and be at-one with it; that is, *experience* its nature fully.

STEPS OF GROUNDING PROCESS continued.....

Step 2: *Move* your body, or parts of your body, a little or a lot; e.g., walk around, wave your arms.

Step 3: *Guide* your attention to the relaxed, delightful, pleasant, easy, sparkling, calm, alive, beautiful ... aspects of what you are noticing. Notice whatever is on the inside (in your body) and the outside (around you).

Whatever you might be thinking, imagining, talking to yourself about, feeling, remembering, fantasising, planning in your “head or mind”, just keep gently guiding your attention back to the physical aspects of your experience: the sensations in your body and the awareness of the physical world about you.

GENERAL SUGGESTIONS FOR PRACTISING GROUNDING

Do the grounding whilst engaged in all activities:

- whatever you may be doing, notice the physical sensations in your body as you do it; whether you are talking to someone, eating a meal, driving a car, reading a book ... and, at the same time, notice what is happening around you as you do whatever you are doing
- whatever you may be thinking, planning, analysing, feeling, remembering or fantasising; do the grounding.

Do the grounding for brief periods through the day, for example:

- for 5 seconds every 10, 15 or 30 minutes
- for 5 to 15 seconds every hour.

Do the grounding for extended sessions, for example:

- 10 to 30 minutes, once or twice a day, or as often as you can manage whilst sitting down or walking around

Regularly use the *Grounding Meditation* that is on CD, cassette or MP3 (available from Mark Davis or Biame Network (www.biamenetwork.net)). This is a very helpful way of both learning more about the grounding process and developing your practice and skills.

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