## This is a Grounding Exercise to enable presence and support creative thinking

I invite you to find a position which is comfortable for you and at the same time maintains your attention. Check that your shoulders have dropped and plant your feet comfortably on the ground.

Now gently close your eyes, and for the next few breaths bring your full focus of attention to your breathing (Pause). Notice the feeling of the air flowing in through the nostrils, down into the lungs, and down into the belly as you inhale (Pause) and on the exhale, feel the release of any tension as you let the air out slowly.

Wonderful, now I invite you to listen to the sounds you can hear, listen without effort, just allow the sounds around you to be noticed by you. (Pause) Notice them and enjoy them for their sound. (Pause) Do not try to interpret them or allow them to irritate, just notice. (Pause) Allow your range of listening to go beyond the immediate space around you and allow in the sounds from a distance, perhaps from outside this room. Just listen and notice and enjoy the sound for its sound and for nothing else. (Pause)

Moving to what you can feel pressing against your body, I invite you to feel your feet on the floor. (Pause) Notice the sensation of your feet against your shoes, (Pause) Notice the feelings in your left foot and right foot, your left toes and right toes, your left heal and right heal, your left arch and right arch. If your mind wanders just gently bring it back to your sense of what you can feel.

And in a moment without speaking or changing your posture, I will invite you to open your eyes and notice what you can see, the colours, the shapes, the lightness, the darkness. (Pause) Allow your eyes to look left, (Pause) look right, (Pause) look up (Pause) look down. (Pause) If your mind wanders just gently bring it back to your sense of what you can see. Take it all in without questioning or critiquing, without judgement or translation.

You might like to take another few seconds, to sit quietly holding on to this sense of presence and spaciousness from thinking. (Pause)

Now open your eyes and give your body a good stretch.