

Grounding Exercise

* **HOMEWORK:** Demonstrating the power of thought and connectedness



Demonstrations/Exercises:

1. Grounding exercise: demonstrating the power of thought and connectedness

- participants partner up
- stand facing one another
- decide who goes first
- first partner closes eyes and is told there will be pressure applied to their shoulder. They should not try to resist
- second partner gently pushes the left shoulder of first partner
- amount of movement is noted (usually quite a bit of movement)
- first partner follows guided visualization
 - imagine and feel being a strong, firm, well rooted tree
 - feel the strength and solidness of the tree, feel its connections to the world around it
 - imagine large, strong roots radiating out and down into warm, black dirt
 - imagine those roots going deep into the earth, way down
 - so far down, so strong that they reach the core of the earth
 - at the centre of the earth is a beautiful, radiant crystal
 - imagine your strong, wonderful roots wrapping all around the crystal, firmly and solidly
 - let the roots and the crystal meld into one
 - feel how strong, solid, connected they are and you to them
- first partner is told to expect the same pressure to their shoulder
- second partner gently pushes the left shoulder of first partner
- amount of movement noted (usually much less movement)
- first and second partners switch roles and repeat process