

# Breathing Exercise: Grounding

Sit or stand comfortably

Close your eyes

Breathe in deeply through your nose, pressing the belly out, filling the bottom of your lungs and then the top. Breathe in all the positive, wonderful, loving things in the world.

Breathe out through your nose, pressing your belly in. As you breathe out imagine sending roots from your feet, deep and wide, into the earth. Feel yourself heavy and deeply connected to the ground.

Repeat 4 times

