

## **CONNECTING TO SELF SCRIPT**

Connecting to Self is a grounding exercise that creates a deep sense of awareness and acceptance of your body, thoughts, and emotions.

**Here are the steps of the Energy Flow® Connecting to Self exercise:**

1. Sit comfortably in cross legged position or seated with your feet on the ground.
2. Place your one hand on your chest and the to other hand on your belly.
3. Feel how your body is grounded, let any tension flow through your body and into the ground.
4. Breathe in a natural rhythm.
5. Accept your body for what it is today and do the same for your thoughts and feelings.
6. Continue to breathe in a natural rhythm.

### **Reflection questions:**

1. As you placed one hand on your chest and one on your belly, what did you notice about your breathing or body contact?
2. While breathing naturally, how did it feel to let tension move down into the ground?
3. After taking time to accept your body, thoughts, and feelings, what felt different—if anything—inside you?