

GROUNDING VISUALISATION SCRIPT

Grounding Visualisation is a mindfulness technique that uses mental imagery to create a sense of stability and connection with the present moment.

Here are the steps of the Energy Flow® Grounding Visualisation exercise:

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths to relax.
3. Begin the grounding visualisation by imagining yourself as a tall, strong tree.
4. Visualise your feet as the tree's roots extending deep into the earth, anchoring you securely.
5. Envision these roots growing deeper and wider, providing stability and a strong connection to the earth's energy.
6. Feel the support and grounding energy flowing up from the earth through your roots and into your body.
7. As you continue to visualise, imagine the tree's trunk extending from your body, growing taller and more solid with each breath.
8. Visualise the branches of the tree reaching up toward the sky, connecting you to the vastness of the universe.
9. Imagine leaves or light energy flowing through the branches, representing your vitality and connection to life.
10. Spend a few minutes in this grounding visualisation, allowing yourself to feel fully rooted and connected.

11. When it feels completely complete, you can open eyes, or if your eyes are already open, you can come back to the now.

Reflection questions:

1. How does imagining your feet as roots make you feel more stable or connected?
2. What do you notice in your body as you picture energy flowing from the earth into you?
3. How does the visualisation of being a strong tree affect your sense of calm or strength?