

SITTING GROUNDING SCRIPT

This involves bringing focused awareness to the points of contact between your body and the surface you're sitting on. It focuses on creating a physical and mental connection to the earth by directly engaging sensory receptors.

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

1. Sit down on the floor and place both hands on the floor before you.
2. Take a few slow deep breaths in and out.
3. Notice your internal state.
4. Notice the connection between the air around you and the floor and earth beneath you.

Reflection questions:

1. What did you notice as you became aware of the connection between your body and the floor?
2. How did the act of sitting and focusing on the ground shift your internal state?
3. Did you notice any changes in your body as you took slow, deep breaths?