

FOOT GROUNDING SCRIPT

This involves bringing full attention to the sensations in your feet as they make contact with the ground. By focusing on this connection, you can cultivate a sense of calm, enhance balance, and deepen your awareness of the present moment.

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

1. Sit in a chair and rub your feet on the floor.
2. Slowly slide one foot forward and then the other foot.
3. Become aware of the sensation between the feet and the ground.

Reflection questions:

1. What did you feel when your feet made contact with the floor?
2. How did it feel to move your feet slowly during the exercise?
3. What changes did you notice in your body after focusing on the connection between your feet and the ground?