

FOOT PRESSURE GROUNDING SCRIPT

Foot Pressure Grounding involves applying pressure to specific points on the feet to create a connection with the earth, promoting a sense of stability and calmness.

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

1. Stand comfortably with your feet shoulder width apart.
2. Gently press your feet into the ground, focusing on the sensations in the soles of your feet.
3. As you inhale, feel the energy rising from the earth through your feet into your body.
4. As you exhale, feel your feet becoming even more grounded, as though you are "rooting" into the earth.
5. Shift your weight from one foot to the other and notice any areas of tension or relaxation in the legs and lower body.

Reflection questions:

1. How did you feel as you focused on the sensations in the soles of your feet?
2. After completing the exercise, did you feel more connected to the ground or present in the moment?

3. Did you notice any changes in your body when you shifted your weight from one foot to the other?