

Tree Grounding Meditation: (Colleen Arnold et al)

Take time to make yourself comfortable where you sit today. Take a moment to bring your awareness to whatever supports you. Then close your eyes and straighten your back. Allow your thighs to grow heavy and your chin to be high.

With your hands either in your lap, imagine the earth beneath you rising up to meet your body and hold it. Become aware of the sturdiness of the earth beneath and visualize it as it rises up and supports each aspect of you. As you sit up a little straighter, imagine the earth's strength traveling up along your sacrum, up across the spine, steadying it, reinforcing it. Imagine the strength spreading across your shoulders, down your arms, to your fingers.

Imagine the strength spreading throughout your torso, across your hips and down your legs to your feet.

Now imagine that energy returning down to the earth, and spreading into it like roots. Imagine an energetic rope spreading down your spine and legs into the earth, and branching off into a very strong and sturdy root system, like a very old, very strong tree.

Now as we stay rooted in that image of being rooted and strong, we are going to focus on our breath. Imagine breathing in through the roots, through the foot, all the way up your body, Hesitating slightly as you cross from shoulder to shoulder, and breathing down all the way down the other side of your body. Hesitating slightly as you switch from one foot to another. Breathing in through your foot and all the way up one side of your body. Continue breathing slowly, gently, and deeply for an additional 5 breaths.

Become aware that every day of your life, you are rooted into the earth, and the earth holds and supports you. Remind yourself that for each day that is to come, the earth will be here to catch and support you. Now gently open your eyes and come into this space together.