

## **Grounding Meditation**

First we want you to stop. To really stop and be at peace. Take a few deep breaths. Place both of your feet on the floor. (Or if you are laying, be comfortable, with your back straight.) This will help your body know that you have decided to stop.

Place your hands in an open position, palms up or down—it does not matter. (Pause) Just be open.

Now remember the beautiful tube of energy that runs through the center of your body. Feel this beautiful tube of energy. Extend this tube of energy down into the Earth. She is here for you and offers you her calm and even heartbeat. See if you can hear it or feel it. Feel her love and peace. Extend your core energy down into the Earth.

Tell the Earth that you wish to be connected to her. Feel her greet your energy. If you need further connection, feel the energy of your feet extend into the heart of Mother Earth as well. Feel yourself fully connect. Feel her love and grace moving up your connection to her and filling each cell of your physical being. Allow her calm and love to embrace you.

This is what we mean by grounding.

And now, with the eyes within you, remember the stars, the Sun and the Sky. Along with Mother Earth, give thanks for the love, protection and light offered by your Sun, your Moon, your Stars. This is your home. Mother Earth. Father Sky.

And you are their beloved.

You are their beloved.

Feel their love within your heart.

Feel their peace and calm and warmth.

And breathe. Breathe in peace.

This is what we mean by groundedness. Groundedness means being fully present—on Earth. Beneath the Sky. Within your beautiful and magnificent body.

If your mind wants to interfere, just remind it, "I am being present. I am feeling love for Mother Earth and Father Sky. And my beautiful and magnificent body. I am at peace."

**From the angels:** Remember my friends this will take practice. Your body and mind will need practice and remembering. Soon, when you do this with love and commitment and repetition/consistency, your body and mind and heart will recognize your intention in an instant, and your connection to your Earth and Sky and Being-ness will happen with a thought. Allow yourself time.

**From Brenda:** I would like to thank the angels for sharing this meditation and the encouraging words that followed.

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