

Tree Roots Grounding

Stand up and quietly notice how you feel right now.
What sensations do you feel in your body,
what thoughts are in your mind?

Imagine tree roots from your feet
going down into the Earth
as far as you want to go.

Breathe up from your roots
through your heart
up through your arms, your tree branches
and up into the sky
and then back down to your roots.

Breath in and out –
up from your roots to the sky and back down to the earth,
3X

<https://www.youtube.com/watch?v=0RAKggac2-0>