



Grounding meditation

I use this grounding meditation to help us connect with our roots and each other.

This grounding meditation is for you to interpret according to your own beliefs or faith.

Relax your body. Take a nice, deep breath and sigh it out. Imagine you have roots coming down, from your body, all the way down, through, into the earth, beneath you.

Imagine connecting with the tree roots and mycorrhizal fungi networks there in the earth beneath you. Now imagine your roots travelling further down into the earth, down to the layer of coal and oil laid down by prehistoric forests. Imagine taking your roots all the way through that layer and into the deep time of the ocean bed from when earth

was covered with water and where lay fossils of the earliest life on Earth.

Take your roots through this layer and down into the core of the Earth. The beating heart of orange magnetic warmth drawing your roots towards it. And with gratitude allow some of that earth energy to travel back through your roots. So from the Earth's core and connecting with that beautiful Earth energy with love, imagine that energy travelling back along your roots through the ocean bed, through the layer of coal and oil from prehistoric forests, and then up into roots and supporting networks that connect trees to each other and connect to us under the ground.

Imagine now that you are bringing your roots back into your body and that beautiful Earth energy is rising all the way through your body to the highest point where you can touch the air

around you. At your highest point, imagine reaching up to a brightness that travels around the Earth and connect yourself to the universe, with gratitude.

And then connect again to the Earth energy, the orange light of the Earth energy, bringing that Earth's energy and the universal energy down to meet your body with gratitude, connect to yourself with gratitude, and connect to each other.

Thank you.



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