

Grounding Visualization

First, focus your awareness on your breathing.

Gently concentrate on a few breaths noticing the movement of the air through your nose, down your trachea and into your lungs.

Pay very close attention to the movement of your abdomen as you breathe and to the movement of your chest as you take air in and blow it out.

Make certain to draw into your lungs all of the air that you want. There is no need to hyper ventilate or to breathe heavily. Simply take in all of the air that you want and when you exhale, exhale fully blowing out the last bit of air.

Breathe at a pace that is comfortable for you.

Your awareness may drift. It may go to your mental processes, to a sound outside of the room, or to an itch, or some other bodily sensation. It is natural for your awareness to wander; however, at the point you become aware that this is happening, consciously bring your awareness back to your breathing, tracing breaths in and out of your body.

This is a very gentle process. It is not something you try to do. It is something you allow yourself to do. Be gentle with yourself. Do this for a minute or two. Go slow and relax.

Once you are breathing comfortably, allow your awareness to focus on the surface of your skin. Your skin is a receptor. It is an organ and if you will attend to it you will be able to feel air on your skin, your clothes against your skin, and even perspiration and hair. For one or two minutes gently glide your awareness back and forth between your breathing and your skin.

Not only is your skin a very sensitive receptor, it is also a boundary. It separates you from all other matter in the universe. While this may seem too obvious to mention, I recommend that for a brief moment while noticing your breathing and your skin, that you attend to your physical separateness from the world around you. Simply attend to your skin as a vibrating boundary between yourself and the rest of the world. Pay attention to your separateness from all else.

You may experience a sense of being encased by your skin. It may be as if you are peering out from your body into a three-dimensional movie we will call "The World That Surrounds You." You may, at the same instant, be aware of your skin tingling and feeling very alive.

I call this state of separateness "Being Grounded."

From Taming Your Gremlin, by Richard Carson