



Grounding Meditation Script

This is a guided meditation that will help ground you when you're feeling nervous, anxious, spaced out, or simply need an energy boost. It will also help connect you more to your creative process by grounding you in your body. This meditation will take about ten minutes, but feel free to make it last longer if you're enjoying yourself. Begin by sitting in a comfortable position. You can use a chair if you like, but try sitting on the ground to feel your connection to the Earth. Sit up straight, but relax so that you feel the natural curve in your spine.

Now, let yourself breathe slowly and deeply. As you inhale, let your breath fill each and every cell of your body. Start with your toes and take a deep breath in and out. As you do this, imagine the cells filling up with beautiful, luminous energy. Now move to your feet and legs. Breathe in and fill your lower legs with the powerful breath. As you exhale, feel any tension or discomfort just melt away. Remember to return back to visualizing your physical body in your mind's eye.

Now, take your breath and go to your upper legs and pelvic area. Feel the breath effortlessly entering into your lower belly. Now breathe out any tension. Good.

Now move to your sacral area on your back and move up your spine. When you reach your lungs, breathe in and out deeply. Make sure you slowly inhale this powerful breath to every part of your body. Now focus on your neck and shoulders. Notice any tension or tightness you have been holding and consciously release it.

Continue to breathe in and out.

At this point, just sit with your breath for a few moments. Slow your mind, and let your body take in the silence and calm.

Now take your breath and move the air up your jaw and face. Deeply inhale and exhale.

Now bring your attention to your brow. Deeply breathe in, bringing the energy to this area. Imagine this light clearing the front and back areas of your brain and skull, leaving you feeling calm and peaceful.

Now move up into the crown of your head. Envision your scalp being wrapped with white light. Breathe in and out.

Now spend about two to three minutes breathing slowly and deeply, quieting your mind. Once you feel relaxed and focused, place your attention on the base of your spine. With each breath, imagine that you're a tree sending a root (or several roots) deep into the molten core of the Earth. Use your imagination and visualize the colors of the roots—they can be anything you wish them to be. Gold, green, silver, purple, thick, thin, braided—whatever you see or imagine. Your roots dig through cement, grass, and soil, and extend right to the molten core of the earth.

As you go deeper and deeper, feel the comforting blanket of warmth that surrounds your roots. With each breath, allow yourself to go deeper and deeper, past fresh underground springs and layers of soil.

As your roots continue to drive deep, into the molten core of the earth arrive at the heart of the planet. Allow yourself to feel your connection to the Earth. Breathe deeply and bask in this unshakeable bond. If you can hear a click, pay attention. That is your grounding cord “clicking” into place deep in the Earth. Notice how grounded, centered, and calm you feel. Let your body join with the body of the planet. Remember to keep breathing. Let your heartbeat synchronize with hers. Experience the deep gratitude that comes from knowing you are safe, and held.

When you are ready, feel yourself drawing energy from the Earth’s heart center. Bring that energy through your roots and use your breath to draw stability, grounding, and inspiration up into your body. Imagine the colors emerging from the earth and melding into your being. Notice their brilliance.

Now imagine the energy rising up from the Earth’s layers until it comes back through the base of your spine. Feel the energy slowly spiraling up through your body...filling your feet, your legs...your hips and pelvis...your belly, your solar plexus...your heart and lungs...your entire back...your neck...flowing down your shoulders and arms...coursing through your head.

Let the energy reach the top of your head; imagine keeping some of it inside your body and using it for your strength and creativity whenever you need it. Now, imagine that the energy is pure light, in any color you wish, reaching up into the sky, growing into the heavens. Feel yourself drawing down supportive cosmic energy from the universe...drinking it in, allowing it to flow down throughout your body.

Envision that energy as a line going up and down your spine and body, creating a seamless connection between you, the Earth, and the sky. It’s all one, and you are a part of it!

Sit for a few more minutes, basking in this brilliant energy and relishing your connection to the Earth and the universe. Notice any thoughts, feelings, ideas, or sensations that come into your awareness. Feel what it’s like to sit in the midst of all your power!

When you are ready, open your eyes. Welcome back!