



NATURE WALK GROUNDING EXERCISE

Find a safe, wooded area to take your walk. There is no time limit for this exercise. You can walk until you “feel” like you are done.

- Remember to take full breaths through your stomach, not your chest.

Visualize a glowing red ball of light at the base of your spine. As you walk, visualize that light growing and expanding down your legs, through your feet into the ground, spreading roots as you go.

Take periodic stops to observe your surroundings with all of your senses.

- Find a small object and observe its shape, color, pattern, weight, scent, surface texture, any areas that are different from other spots on the object.
- While you are doing this it is important not to judge. Don't try to figure out why something is or isn't. Don't form an opinion about it. Just observe.

When you reach a spot that “feels” particularly calm and serene repeat the following affirmations:



- I am safe and secure.
- I love and appreciate myself in my totality.
- I am grounded
- I am enough and I am worthy.
- I am healthy and stable.

If you are feeling bothered by anything that goes against these affirmations, plant your bare feet into the ground while saying them and meditate on the glowing red light that extends from the base of your spine deep into the earth.

[Tip] Sprinkle some Dj Khaled on it and greet the trees and plants as you walk. Ask whatever you choose to observe for permission and thank it when you're finished. It may sound strange but remember that these are living organisms that can feel your energy. Opening up to receive their energy will enhance the results of this exercise.

Like this exercise? Tweet or email us to share your experience!