
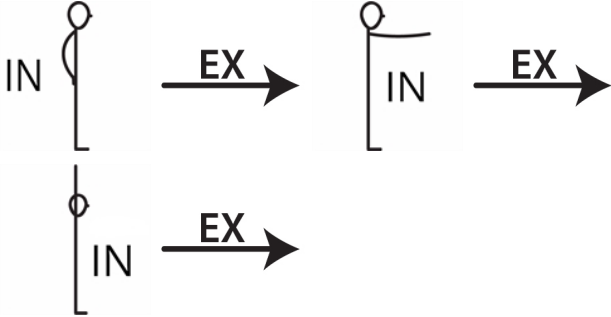
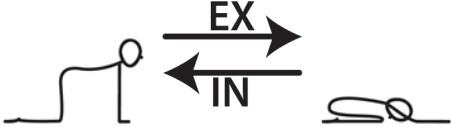
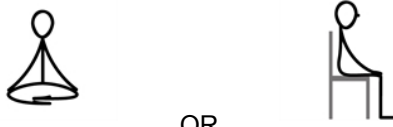


Grounding Through Grief

A short practice to help you feel grounded during high stress and grief.

1.		<p>a) Hold light in the space of your heart. b) Sense your hands, feet, legs and your sense of being present on this earth.</p>	<p>c) Deepen your breath for 6 - 12 breaths. Make your breath long and deep. Feel your chest expand with each inhale. Pull your belly in and feel a downward feeling through your feet on exhale.</p>
2.		<p>X 4 - 6 Keep breath smooth and long. Make IN and EX equal in length.</p>	<p>Inhale in place. Exhale, raise arms halfway. Inhale in place. Exhale, raise arms overhead. Inhale and lengthen from feet through fingers. Exhale, lower arms.</p>
3.		<p>Repeat 4 - 6 X; stay for 4 - 6 breaths with the last repetition. Lengthen the exhale with each repetition.</p>	<p>Sense the support of the earth underneath you.</p>
4.		<p>Lengthen IN & EX X 4 breaths. Then make EX 2 - 3 sec longer than IN X 4 breaths. Then release the EX in 2 parts equal in length, feeling your sitting bones connect to the chair or earth. X 6 - 12 breaths. Gradually return to normal breath over 4 breaths.</p>	<p>Take a few minutes to visualize light in your heart space. This is a good time for remembrance or prayers.</p>