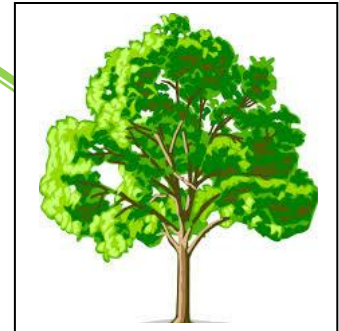


Mindfulness Coaching Practice – Meditation Technique 1 ONE POINT GROUNDING

Hello and a warm welcome to Pathway2Calm. During this first session we learned about the benefits of Mindfulness and the term 'present'. Your homework practice this week is to be 'present' at least once a day.

To help you and support you in your new way to be, here is a reminder of the exercise we did in class:



Move gently into a standing position.

- 1. Take a breath in for the count of 4.*
- 2. Close your eyes if you wish or gaze gently downwards. Imagine your brain 'dropping' into just behind your belly button.*
- 3. Move your feet to hip width apart – notice how 'long' your legs feel.
Thank them for supporting you.*
- 4. Imagine the colour red moving strongly down from your waist through your thighs into your legs and down into your feet, through the floor and down to the centre of the earth. Feel the sense of 'Groundedness'.*
- 5. Imagine you connect to the greater wisdom of trees with strong roots and the ability to weather storms; you are strong.*
- 6. Hunch your shoulders then give them permission to just relax. Move your jaw around so that it too relaxes.*
- 7. Now imagine an Ultra Violet Light moving from your waist up through the centre of your body, through your solar plexus, up through your neck and your head – this beam of light connecting you to the top of the Universe and the clear skies. Feel the sense of 'Openness'.*
- 8. Now...tune in to your deeper self. Breathe in and tune into what matters to you now in the moment. Focus on the centre point of your breath.*
- 9. Add some 'energy cleaning movements' if you feel so inclined*
- 10. Imagine clearing toxic energies and being present.*
- 11. Wiggle fingers and toes to break state & come back to room.*