

HER

*Spiritual & ★
Self-Love Summit*

BECAUSE A BUSINESS
WOMAN IS SO MUCH MORE
THAN HER BUSINESS

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GROUNDING MEDITATION

Sit comfortably with your back straight, feet flat upon the floor and hands comfortably in your lap with your palms facing upwards and close your eyes.

Take three slow deep breathes in through your nose and out through your mouth.

With each breath allow your body to release any tension you may be holding on to.

Now gently bring your attention to the soles of your feet, feel your connection to the ground beneath your feet.

Next imagine or visualise roots growing down into the earth with each breathe these roots are strengthening and growing more deeply into Mother earth.

As you breathe in imagine drawing the breath up through these roots bringing the loving energy of the earth with them and allowing it to fill your entire body.

Breathing out, filling the area around your body with the stable and grounded earth energy.

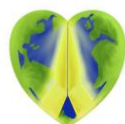
And again breathing in, drawing the breath up through your roots filling every cell in your body with the energy of the earth and breathing out expanding that energy out in to your aura.

Once more, breathing in, bringing the solid earth energy up through your roots and breathing out, allowing the energy of Mother earth to fill the area around your body.

Now just sitting in the space you have created with your breath and intention for a few minutes. If your mind wanders, notice it and then simply bring yourself back to your breath.

When you are ready take three slow deep breathes in and out, wiggle your fingers and toes and open your eyes. Have a glass of water and make a note of how you felt during the meditation and how you now feel. This will help you to chart any changes with continued practice.

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