Ground in the Body

THE ART OF INTUITION / 5 minutes

GUIDANCE

Grounding in the body helps bring awareness out of mental overwhelm and back into the present moment.

During stress or emotional intensity, it is common to become disconnected from physical sensation and overly pulled into thought, urgency, or internal pressure.

This practice gently invites you to reconnect with the body through awareness of sensation, breath, and physical presence. Rather than trying to force calm or “fix” emotions, you are creating steadiness by learning how to remain present with yourself safely and gradually.

Over time, grounding practices can help strengthen emotional regulation, self-awareness, and a deeper sense of connection to your own inner experience.

GENTLE SHIFTS / WHY THIS PRACTICE HELPS

Grounding attention in physical sensation helps bring awareness out of spiraling thoughts and back into the present moment.

As attention returns to the body, the nervous system often begins to feel more anchored, supported, and emotionally settled.

This practice can help reduce overstimulation while strengthening the ability to remain present with yourself gently and safely. Over time, the body becomes less like a place you leave during stress and more like a place you can return to for steadiness, listening, and self-trust.

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The Practice

Ground in the Body / 5 minutes

A settling practice for moments of overstimulation, uncertainty, emotional spiraling, or mental fatigue.

Begin by slowing the pace around you. You do not need to rush into stillness. Simply allow yourself to arrive.

Sit comfortably or stand with both feet touching the floor. Notice the support beneath you. Feel the weight of the body being held.

Allow the shoulders to soften. Relax the hands. Unclench the jaw. Take one gentle breath in through the nose. Exhale slowly through the mouth. Again.

Do not force the body to relax.
Offer it safety instead.

Now begin noticing physical sensations without needing to change them.

The warmth of your hands.
The texture of fabric against the skin.
The feeling of your feet touching the ground.
The movement of breath within the chest or stomach.

If the mind begins to race, gently return your attention to sensation. Not the story. Not the analysis. Only what is physically here.

You may quietly repeat:

> *“I am safe in this moment.*
> *I can return to myself slowly.”*

Remain here for several breaths.

This practice is not about escaping emotion. It is about giving the body an opportunity to feel supported enough to stay present.

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Reflection & Atmosphere

Ground in the Body / A QUIET RETURN

What changes when I stop abandoning the body and begin listening to it gently?

Pause for a few quiet moments.

Notice what has softened, settled, or shifted within you.

Perhaps the breath feels slower.
Perhaps the shoulders feel lighter.
Perhaps the mind feels less crowded.

Simply notice what becomes easier to hear when you remain present with yourself.

You may wish to journal a few reflections or quietly hold the experience for a moment before continuing with your day.

A FEW WORDS TO KEEP

ATMOSPHERE / OPTIONAL

Small atmospheric shifts that may help the body feel more supported.

- soft natural lighting
- a blanket, cushion, or supportive chair
- bare feet on the floor or earth
- practiced before difficult conversations, transitions, or sleep

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