

## **G.R.O.U.N.D.**

*[earth body]*

**Ground** [in the physical body]:

Allow attention to be drawn to the body's natural earthiness and grounded-ness.

**Relax** [what is tightly wound]

Notice where tension exists and release. Use the breath.

*[energy body]*

**Open** [the senses, mind and body]

Open the ears, nose, eyes, mouth, eyes, heart and mind.

**Unfetter** [the shadow]

What residue of feeling underlies your surface experience. Befriend.

*[sky body]*

**Nurture** [Awareness]

Allow your attention to relax completely and let your mind expand outwards infinitely. Be effortless.

*[body of integration]*

**Dissolve** [the illusion of separateness]

Let the separation between mind and body, mind and prana, self and world dissolve.