



WORK SHEET – Exercise 2E

Breathe like a tree (grounding exercise)

Here's a short breathing and grounding exercise that you can do whenever you feel like it; when you're afraid, when you feel shy, when you're hesitant to do something...

1. Stand up with your feet slightly apart on the ground and your back straight. You can close your eyes if that feels right for you. Otherwise fixate on a neutral point in front of you... Put your hands on your stomach and feel your breathing come and go, without forcing anything. Feel how your stomach inflates and deflates...
2. Now take a deep breath and imagine that you're on a hill. Your legs are two roots that dig into the ground. Feel the energy of your body take hold in your roots. Feel how your roots connect you to the earth through your feet. Imagine how they extend further and further into the ground, down until the centre of the earth.
3. Your body becomes solid like a stem of a tree, your legs, your hips and your upper body are strong and solid. Lift your arms up gently... Your arms and head now grow branches that reach towards the sky. You have become a tree. Feel your branches take in the softly warming sun, feel the wind that moves and rocks them... You are here, firmly rooted in the ground.
4. Then you feel an energy and strength entering your roots from the centre of the earth. When you breathe in, you take in this energy, and when you breathe out, you let it flow everywhere around your body. Continue to breathe in energy and to build up strength and think about how good that feels.
5. Continue breathing calmly for a little while and, when you're ready, open your eyes.
6. Now you're ready to go!

