

# AuthorKarenFrazier.com

## Grounding Meditation

Find a comfortable seated position with your feet or bottom flat on the floor. Close your eyes and connect to your breath, breathing deeply into your stomach. Place your hands gently over your dan tien (also known as your hara – a spot in the middle of your belly just below your navel.) Feel the rise and fall of your stomach as you breathe deeply.

Now, imagine roots growing from the part of your body that is in contact with the ground (soles of the feet or your bottom). Guide the roots all the way to the center of the earth, which is filled with a glowing pink light.

Wrap your roots around something solid in the center of the earth. Visualize the pink light moving slowly up your roots and entering your body, moving into your dan tien. Feel the warmth of the pink light glow beneath your hands. When the light is filling your hands, pull them up to your heart chakra, seeing the light move up from your hara with your hands. Feel the pink energy fill your heart chakra.

Now, visualize healing white light entering your body through your crown chakra. Draw the light down through your chakras until it mixes with the pink light from the earth in your heart chakra. Bring your hands out to your sides, palms up, and give thanks to the energies for providing balance. When you feel ready, open your eyes.