

# 7 minutes to grounded meditation

## STEP 1

Find a quiet and comfortable place for your to sit and perform the meditation. Perferably on the ground or outside.

## STEP 3

Set a grounded and clearing intention.

### Example:

*My thoughts flow clearly and intuitively to my mind's eye. I am free from negative thought patterns that may hinder my divine truth. My energy is grounded and purposeful.*

## STEP 5

### ONE MINUTE

Take a deep breath in through your nose for three counts and open mouth exhale for four counts.

## STEP 7

### ONE MINUTE

### *Alternating Nostral Breathwork*

Place your left thumb on your left nostral and breathe in through your right nostral. Place your pinky on your right nostral and exhale through your left.

## STEP 9

### ONE MINUTE

Place both hands on your legs and start bringing your breathing back to normal. Thank yourself for taking the time to clear your thoughts and ground your energy.

## STEP 2

Light your Palo Santo or Sage and cleanse your space and yourself prior to getting comfortable.

### CLEARING INTENTION:

*My thoughts flow clearly, freely, and are free from negativity.*

## STEP 4

Begin in a seated position, sitting on the ground is preferred but you can also do this by sitting in a chair with both feet placed firmly on the ground. Palms facing up while resting on your thighs to be open to receiving.

## STEP 6

### THREE MINUTES

Continue breathing regularly for three minutes. In through your nose and out through your nose. If your mind begins to wander, bring it back to your breath or repeat your intention.

## STEP 8

### ONE MINUTE

### *Alternating nostral breathwork*

Place your right thumb on your right nostral and breathe in through your left nostral. Place your pinky on your left nostral and exhale through your right.

## STEP 10

Write down any thoughts, ideas, or distractions that may have popped up during your meditation.

CONGRATS! YOU'RE NOW GROUNDED & READY TO GO!