

TREE GROUNDING VISUALIZATION EXERCISE



● Whether you are sitting or standing, notice the connection of your feet to the ground below you. Take a few moments here. Maybe pump your feet back and forth a few times and then let them come to stillness. Really be mindful of the connection.

● If this works for you, imagine that roots are coming out of your feet and shooting into the earth below you, like the roots of a tree.



● Notice the roots moving deep, deep, deep into the earth, through all of the different layers. Take a moment to just be with this experience. Think of yourself being firmly rooted in the earth, in the here and now.

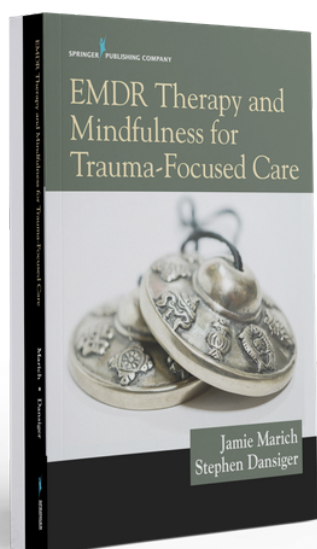


MODIFICATIONS FOR CREATIVITY

● For children or willing adults, have them name what kind of tree they are (e.g., an oak, a banyan, an elm, a pine, etc.).



● If you have earth elements around your office, such as essential oils like cedar wood or pine, or even a Mason jar full of dirt (try it, it smells like the “good earth”), consider bringing those in—it can add to the grounding experience..



SOURCE: *EMDR Therapy and Mindfulness for Trauma-Focused Care*
By: Jamie Marich & Stephen Dansiger

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