

A Short Grounding Meditation

This meditation is brief. It is not meant to force calm or make difficult feelings disappear. It is simply a way of returning attention to what is here, with a little more steadiness.

If closing your eyes feels uncomfortable, keep them open and soften your gaze.

The practice

Let your feet feel the floor. Notice the contact between your body and the chair, cushion, or ground.

Take one ordinary breath. You do not need to deepen it. Simply notice that breathing is happening.

Look around and name, silently or aloud, three things you can see.

Then notice two sounds.

Then notice one point of contact in the body.

Let your attention rest there for a few breaths.

If the mind wanders

When the mind moves into planning, remembering, or worrying, there is no need to criticize it. Wandering is what minds do.

Gently return to the body.

Feet. Breath. Contact. Sound.

Enough for now.

Closing

Before ending, notice whether anything has shifted, even slightly. More calm is not required. The practice is simply to return.

You may say to yourself:

"I am here. This moment is enough to begin again."

These materials are offered for reflection and support. They are not a substitute for psychotherapy, medical care, or crisis support.