

A Short Grounding Meditation

Spiritual direction resource - contemplative practice

Returning to the Present

Grounding is a way of returning to the present moment through the body, the senses, and the environment. It can be especially helpful when the mind feels scattered, anxious, overwhelmed, or pulled into old stories.

Grounding does not force calm. It creates a little more contact with here and now.

The Practice

Sit or stand in a way that feels supported. If it helps, let your eyes remain open. Notice the room around you. Let your gaze move slowly. Notice shapes, colors, light, and ordinary objects.

Feel your feet on the floor. Notice the contact of the chair, ground, or surface beneath you. Let the body receive support as much as it can.

Notice one breath, then another. There is no need to breathe perfectly. Simply notice that breathing is happening.

Finding One Steady Place

Gently ask: Is there one place in the body that feels neutral, steady, or less tense? It might be the hands, feet, back, or the feeling of contact with the chair.

Let attention rest there for a few moments. If difficult feelings are present, they do not need to disappear. The practice is to include one place of steadiness alongside whatever else is here.

Closing

Look around the room again. Notice the date, the place, and the fact that you are here now.

If it feels right, silently say: "Here." Or: "I am here." Or: "This is now."

Take one more moment before moving on.

Closing Reflection

Grounding is not a spiritual failure or a lesser practice. It is often the doorway back to presence.

Sometimes the most faithful movement is simply to return to the body, the room, and the life that is here now.