

GROUNDING THROUGH 5 SENSES & BREATH

THIS SENSORY AWARENESS EXPERIENCE INVITES YOU TO NOTICE ANY THOUGHTS/FEELINGS AND/OR BODILY SENSATIONS IN THE PRESENT MOMENT WITHOUT JUDGING/INTERPRETING YOUR EXPERIENCE. ALLOWING YOUR EXPERIENCE DOESN'T MEAN YOU HAVE TO LIKE IT OR THAT YOU CHOSE IT TO BE HERE.

IT'S JUST AN ACKNOWLEDGEMENT THAT THIS IS THE REALITY OF YOUR EXPERIENCE IN THIS MOMENT.

ALLOW 5-10 MINS IN A COMFORTABLE POSITION WITH EYES OPEN, IN A SOFT GAZE OR CLOSED IF YOU ARE PHYSICALLY SAFE TO DO SO.

NOTICE WHAT YOU CAN

YOU MIGHT SPEND 1-2 MINS WITH EACH SENSE AND THE BREATH IF THAT FEELS RIGHT FOR YOU.

ADAPT THE PRACTICE TO MEET YOUR NEEDS.

THE PROCESS OF NOTICING SENSORY EXPERIENCE IN THIS WAY IS TO SUPPORT YOU TO BE IN THE PRESENT MOMENT IN A WAY THAT FEELS STABILISING AND STEADYING.

SEE - IN THE DISTANCE & CLOSER TO YOU

HEAR - IN THE DISTANCE & CLOSER TO YOU

TOUCH - WHAT YOUR BODY IS TOUCHING AND WHAT IS TOUCHING YOU
(WEIGHT/TEMPERATURE/TEXTURE)

SMELL - ANY FRAGRANCES OR AROMAS

TASTE - ANY LINGERING TASTES

THERE MAY BE SUBTLE OR OBVIOUS SENSORY EXPERIENCES OR THERE MAY BE AN ABSENCE OF ANY NOTICEABLE SENSE.

BREATH

IF THIS NEXT ONE FEELS COMFORTABLE & STABILISING FOR YOU,
CONTINUE. IF IT FEELS DESTABILISING THEN LEAVE IT AND
FOCUS ON THE SENSE THAT OFFERS YOU THE MOST STEADINESS
& CALM IN THIS MOMENT.

NOTICE ANY SENSATION/MOVEMENT OF YOUR BREATH IN YOUR
BODY.

THIS MIGHT BE IN YOUR BELLY, CHEST OR NOSTRIL TIPS.
NOTICE YOUR BREATH JUST AS IT IS IN THIS MOMENT, IN ANY
WAY THAT IS COMFORTABLE FOR YOU.