

## EARTH CONNECTION PRACTICE

I invite you to look at this image... and I invite you to imagine yourself standing in the forest looking around at this landscape... allow yourself to take it all in... notice the details, the light, the colors, the shapes...

Notice how your mind comes in, maybe with comments, with naming, with thoughts... For now, I invite to let all of this go, and simply allow yourself to be in this place. Eyes wide open. Owls eyes, effortlessly taking in every detail, simply seeing what you're seeing... "letting nature happen to you"

Now I invite you to imagine reaching down and picking up a handful of leaves and holding them to your face and breathing in – smelling what you smell... "letting nature happen to you"

And notice how your body feels being in this place, connected through your senses like this. Notice how your body feels, and for a few moments allow yourself to feel what you are feeling...

When you're ready, I invite you to look around and notice somewhere, perhaps on that bed of leaves nearby, where you can safely and comfortably lie down  
I invite you to do this, if you would like to and to close your eyes...

Imagine that now you're stretched out on the ground of this place...

I invite you to bring all your attention to the sensations of contact between your body and the ground, the sensations of firmness and solidity where your body meets the Earth...

The back of your head, across your shoulders, your spine, across your pelvis, your heels, the backs of your legs, the palms of your hands, the tips of your fingers... so full of touch receptors, so sensitive to the textures, the moisture or dryness, the temperature...

And with the exhale, allow yourself to drop down into these sensations....

Allow yourself to rest in, to be held by these sensations of contact between your body and the Earth...

Now, when you're ready, I invite you to allow your awareness to rise up into your body, filling your whole body with mindful awareness...

And notice where in your body you're most aware of the sensations of breath...

The sensations of the rising breath all the way the rising breath...

The sensations of the falling breath, all the way through the falling breath...

And in between, the felt sense of your body on the Earth....

Rising breath... Falling breath... Earth body....

And allow your awareness to be carried on the sensations of the breath like a feather on a way... rising with the inhale... falling with the exhale...

Now, bring your attention to the particular sensations of the exhale, the sensations of the falling breath, and release and let go with the falling breath, letting go of all you're holding onto, all the way through the falling breath, letting go, letting go... Even beyond the end of the falling breath, continuing to let go with gravity, letting go, letting go, letting go... Until the next breath flows in effortlessly, as the body comes up for air, all by itself...

And again, bring your attention to the particular sensations of the exhale, the sensations of the falling breath, and release and let go with the falling breath, letting go all the way through the falling breath, letting go, letting go... Even beyond the end of the falling breath, continuing to let go, to let go, to let go... Until the next breath flows in effortlessly, as the Earth breathes all by herself...

And know, It's not all up to you...  
Know, you're not alone in this...  
Know you don't have to hold this all on your own...  
It's OK to let go with the exhale to the waiting Earth...  
It's OK to let go to the waiting, holding Earth...

Allow yourself to be held in the effortless flow of the body's breathing...  
Allow yourself to be carried on the effortless flow of the Earth's breathing...

And know, you are already being held like a tree in the forest...

Allow yourself to be held like a tree in the forest...  
Allow yourself to be held like a tree in the forest...  
All you have to do right now, **all you have to do**, is to allow yourself to be held like a tree in the forest...