

Short body-grounding lead-in (2 minutes)

You can sit or stand. It's best to keep your spine erect. Before you start, make yourself comfortable. Speak slowly and take several seconds after each line to pause and let the suggestion sink in. At the end of the lead-in, you can make a general invitation within yourself for whatever wants your attention, or you can invite what is here now about a specific issue.

I'm taking my time to allow awareness to come into my body...

I'm sensing my hands and what they are touching...

I'm becoming aware of my arms...

I'm sensing my feet and what they are touching...

I'm letting my awareness move into my legs...

I'm sensing my body's contact with what I'm sitting on, letting my body rest into that support if it wants to...

I'm letting my awareness flow inwards into the whole inner area of my body...

...sensing my throat and neck...

...chest and heart area...

...stomach....

...belly...

I'm taking time to really arrive in myself...

- I'm sensing what wants my awareness now...
- OR: I'm remembering the whole situation about _____...I'm sensing what wants my awareness right now, about that...