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# THE JOURNEY INWARD

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Reconnecting With Our Inner Self

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## Grounding Exercises

### LET'S CATEGORIZE

Choose three or more of the categories below and then try to name as many items as you can in each. Spend as much time as you need to come up with the most possible items.

Movies	Cereals	Cars	Cities
Countries	Sports Teams	Fruits & Vegetables	TV Shows
Books	Colors	Animals	Famous People

You can also try naming items in a category in alphabetical order. EX: fruits & vegetables category, you might say "apple, banana, carrot," and so on.

### Bonus Categories

Flowers	Artists	Actors	Countries
Trees	Authors	Actresses	States
Nuts	Singers	Directors	Presidents

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# Mental Grounding Exercises

### **TRY THESE MENTAL GROUNDING EXERCISES**

Use these exercises to help take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use most any time or place. Experiment to see which works best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

*"Get yourself grounded and you can navigate even the stormiest roads in peace."*

*~Steve Goodier*

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# Body Awareness Grounding Exercise

### TRY THIS BODY AWARENESS GROUNDING EXERCISES

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body.

Pay special attention to the physical sensations created by each step.

- Take 5 long, deep breaths through your nose, and exhale through puckered lips.
- Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
- Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
- Clench your hands into fists, then release the tension. Repeat this 10 times.
- Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
- Rub your palms together briskly. Notice the sound and the feeling of warmth.

*"It is only by grounding our awareness in the living sensation of our bodies that the 'I Am', our real presence, can awaken."*

*~George Gurdjieff*

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