

# Reach for the Earth: Instructions

## For Arrival, Grounding, Heart Opening

Sit, feet flat, palms on thighs. Decide who will lead first, or do it together

**Leader** - To begin with, keep your eyes closed. Push forward and down gently with the front of the heel, just enough that you can feel the big muscles in the thigh start to work (quadriceps). Pulse it very gently, for 30-60 seconds. Imagine reaching for connection with the floor or ground under your feet. Make sure you are breathing. Try it again with some eye contact. It need not be steady.

If you have back support, go another step, starting with closed eyes, and push from the front of your heels through to your low back, again pushing gently, reaching for connection from your heels, through your thighs to your low back. Repeat with some eye contact

**Timing:** Pulse the gentle push for 30-60 seconds, or 10-15 breaths, or only as much as you like.

**Mirror** - Eyes open. As you do the exercise with your partner, keep a steady eye on them so you can be available when they open their eyes. When they make eye contact, allow a smile to kindle.

**To End:** Pause, eyes closed, spine tall, chin slightly tucked, hands flat on your chest. Sense your feet on the ground. Take a few breaths, open your eyes and TALK.

**Each TALK!** 1-2 min. Share about your experience, leader first. Switch roles, and repeat.

**Suggestions:** Can be done as a partner exercise once both people know it.

**People like:** People like: "The feeling of gently reaching for the ground." "Feeling grounded, connected with the earth."

**Challenges:** When we are more grounded we feel more, which can be overwhelming for people who use dissociation to feel safe.