

Heavy Body, Effortless Awareness: Grounding Relaxation

Today we will explore how it feels to surrender to an unobstructed flow of gravity throughout the body. Please make yourself comfortable lying down on your mat, preferably with legs straight but bend your legs if this is more comfortable for you.

Most of us carry stress and tension in our bodies which can cause the body to become misaligned. This exploration helps us to tune into our bodies, to identify areas of tension and then allows us to release and use gravity to realign our bodies to how they should naturally be.

Let's begin closing our eyes or lowering our gaze and tuning into our bodies. Start noticing the contact your body makes with the ground and make any adjustments that help you feel settled.

What is the shape of the impression your body makes on the ground? Are there any areas of resistance that seem to pull away from gravity? Allow any resistance to simply be and just observe it.

How heavy are your bones? Can you feel your bones begin to draw downwards through the layers of muscle and tissue in response to gravity?

Draw attention to your feet. Notice how heavy your feet become when you release them to the ground. Do you notice any pulsing or tingling in the soles of your feet?

How heavy are your shin bones? Sense how your calves begin to hang as you release them towards the ground.

Can you feel your kneecaps? Imagine your kneecaps becoming heavy. As they melt downwards feel how the backs of the knees sink into the ground.

Now bring your awareness to your thighbones. How do they fit into your hip socket? Feel the way your quadriceps begin to spread and hang over the top of your thigh and your legs feel heavier and heavier as you sink into the ground.

What is happening in your belly? Can you feel how your abdomen expands like a balloon when you inhale and relaxes to the ground as you exhale? Imagine someone has placed a round, smooth stone on your belly. Do you notice any changes in the speed and depth of your breath as you respond to the weight of the stone?

Sense how the organs and glands of your belly are being massaged by the movements of your breath and how each breath bathes and nourishes the tissues and cells.

Can you sense how your upper chest is moving? Imagine that smooth, warm stone riding the waves of your chest as you breathe. Allow your ribs to become softer. Notice how the breastbone sinks downwards in response to gravity, melting downwards. Feel the gentle rhythm of your heart in your chest and the strong, silent power it produces as it pumps rivers of nutrients around your body.

Imagine the round, interlocking bones of your spine. Can you feel their wavelike response to your breathing? Can you picture the plump pillows of the discs which cushion the spaces between each vertebrae? Notice how the undulations of the spine give shape and support your whole body. Sense how the muscles surrounding and cradling the spine become even more mobile and heavy.

How heavy are your hands, arms and shoulders? Sense the surface of your arm, wrist and hands where they make contact with the ground. Do you notice any pulsing in your palms? Are your shoulders and arms on the ground the same way or is one shoulder or arm heavier? Release the weight of the arms and shoulders down into the earth.

Draw awareness into the throat, neck and jawbone. Listen to the sound of your breath as it passes through. Can you sense how your jawbone, neck and throat are relaxing to the pull of gravity? Is your jawbone heavy and hanging freely?

Allow your awareness to travel to the back of your head. Feel the weight of your head. Envisage two hands cupping and supporting your head and allow it to sink into those supporting hands. Release the weight into the hands and notice the prana as it begins to flow down your neck and spine.

Sense the muscles in your eyebrows. Tell yourself that now is the time to relax those muscles of the brow. What do you feel in the muscles of your forehead as they relax?

Sense the eyeballs in their sockets. Imagine your eyeballs sinking back into your head like two stones dropping into a calm lake. Release the weight into this infinite space. Allow the expression on your face to melt into the ground as you dissolve into deep relaxation.

Now become aware of your brain. Notice the size and weight as it floats in your skull. Allow all thoughts to dissolve. Let the energies of that sensation flow down your neck and spine like a waterfall and allow yourself to sink into an even deeper state of relaxed awareness. Attune to the pulse of your whole being. Notice how your body feels when you allow your inner wisdom to balance and nourish your body.

As you begin to prepare for your return, suggest to your logical mind that you will be returning with the feeling of having had the right amount of rejuvenating, healthy sleep and relaxation, feeling awake and fully alert.

Begin your return by gently rocking your ankles and rolling your wrists. Gently rock your head from side to side.

Deepen your breath as you stretch your body. Curl your knees to your chest and rock side to side before coming into a sitting position.

Open your eyes and take a moment to feel the effects of having been in deep communication with your body.

How do you feel?

How did your body feel when it is rooted to the earth whilst opening to the infinite space around you?