



Grounding Meditation

Presented by Rosalba Fontanez

Paulette: Alright. So I am going to turn it over to our ancestral healer in the room today. Rosalba Fontanez, who is also my mom. She is here today to lead us through a short meditative grounding session so that we can start this day, wherever you are in your day, with a pause.

We're going to make space to calm ourselves, regulate our nervous system, and feel empowered for everything that we're going to see and learn today. So Rosalba, will you please take over?

Rosalba: Absolutely. Good morning everyone, and happy Galentine's. As I was mentioning before, this is my first Galentine's in my life, so I'm really excited.

So let's breathe. So I'm going to begin this, um, short process by, um, drumming. And it's not gonna be like a very loud drumming, just like our heartbeat. To start regulating our nervous system and also to ground us and to give us some clarity, grounding, focus.

So begin by finding the position that best feels most comfortable for you. Right where you are. You may keep your eyes open. You can even soften your gaze. You're in control at all times.

If you need to change your posture, that's very good. There's no right or wrong. You can also look around the room to start reorienting or grounding to your space.

Slowly turn your head and let your eyes land on a few neutral objects around you.

Notice the colors, the shapes and edges of any object that you are focusing on. And let your brain register where you are. This is a simple way to help your nervous system come into the present. And now bring your attention to contact points without forcing yourself to feel your whole body. Just notice one or two places where your body needs support.

Maybe it's your feet on the floor or your back against a chair, or the weight of your hands resting. If body awareness feels intense, that's okay. Stay with the most neutral area or return to looking around the room. Let your breathing be natural. No need to take deep breaths for now. Simply notice your inhale.

Your exhale. Inhale, exhale. If it helps, gently lengthen the exhale just a little. Only by a small amount. So your body gets this signal that it can settle. Keep it soft, don't force it.

And now begin a slow, permission-based release. You're not trying to go inside or dig up anything. You are simply giving your body a message that it does not have to hold everything so

tightly. And as you exhale, allow your shoulders to drop slightly. And next exhale to soften your jaw.

And on the next exhale, let your hands loosen. If at any point you notice yourself drip drifting or going numb or zoning out, feeling far away, it's okay. That's your nervous system protecting you. Simply press your feet into the floor for a few seconds and then release. Small movements help the brain stay present.

Now we'll release mental and emotional weight without going into a story. Just notice if there is any pressure in your body, like tension, stress, or heaviness. And on each exhale, say quietly, "not right now, I can set this moment to release whatever doesn't feel right." Keep it simple and be kind to yourself.

And now gently bring attention to your senses again. Notice one sound that you can hear. Notice one thing or object you can see. Notice any physical sensations that feel neutral, like the temperature of the air in your room, in your environment, or the fabric touching your skin. This a grounding sequence that helps the mind reconnect safely without forcing deep internal focus.

Another breath in. Slowly and with your thoughts, say, "I release what I don't need. I let go of what doesn't support me." And now offer your system a few words, such as, and you can repeat them yourself in your mind. "I am here. This is now. I am safe enough at this moment." If the word safe doesn't feel, good to you, that's okay.

You can replace it with, "I'm not in danger right now." Or, "this moment is different." Notice that you are grounded, you are clear, and as you begin to close this process again to the most supportive contact point you can find. Feel the steadiness beneath you. Let your breath remain natural and allow your face to soften.

Let your shoulders settle. You don't need to feel calm, you don't need to feel good. The goal is simply to be present enough, centering yourself, grounded. Gently enough for your system to know that you are coming back. And to finish this process, look around the room one more time and let your eyes move slowly.

Name three objects you see, and then take one normal inhale and one slow exhale. You can wiggle your fingers, wiggle your toes, and if you'd like, press your palms together for a moment and release. And when you're ready, you may say to yourself, "I'm back. I am here. I can take the next step slowly." And when you're ready, open your eyes.

Take one final breath and say, "I am grounded. I am clear. I release that which prevents me from growing and expanding my inherent potential." Thank you very much and welcome back.