

## Contemplative Reflection Form Focus on Grounding

Director/Supervisee:

Directee (Alias):

Direction Date:

Direction Meeting #:

Conducted (underline one below):

Via video conference, in person, voice only

Supervisor:

Supervision Date:

Supervision Meeting #:

### Preparing

Initial Questions. Briefly respond to the following questions:

Describe how you feel after you ground (or center) yourself prior to a spiritual direction session.

How do you typically ground yourself?

Describe how you feel when you are not grounded.

What have you noticed makes you lose your grounding? What challenges as a director do you face?

Grounding: Now spend 3-4 minutes grounding using Grounding Practice #1 (described below) which focuses on the breath.

Reflecting: Reflect on recent direction sessions in which you had difficulty grounding before the session, or in which you became distracted or otherwise unable to stay as grounded as you would have liked during the session. Choose one to bring to supervision and reflect on the following questions.

### Reflection Questions about You

What arises in you today as you reflect on this session? Describe any body reactions, confusions, emotions, or thoughts.

What significant did you notice about yourself before and during the session? What lingered with you afterward?

Describe the experience of losing your grounding.

Did you notice any movement of the Holy Spirit in yourself?

Articulate a supervision focus based on your above reflections.

### **Reflection Questions About your Directee**

Briefly introduce your directee to your supervisor. Be sure to use an alias and to disguise any details that might reveal their identity.

Did you notice any movement of the Holy Spirit in your directee?

Did you notice any desolations in your directee?

Are you aware of how your directee might have experienced your loss of grounding?

### **Remembered Dialogue or Narrative**

Please complete one to two pages of the remembered dialogue form (included below), choosing the portion of the dialogue in which you had some difficulty staying grounded.

Or write a brief narrative here that describes the circumstances in which you had difficulty grounding or staying grounded.

### **Closing**

After finishing the above reflection questions, spend an additional 3-4 minutes grounding yourself, using Grounding Practice #2 (described below), and answer the two questions below before you move on to other activities.

Describe any additional insights here:

How do you feel now?

**Take Away** (Note: This portion of the form is to be filled out after our supervision session. It is for your records and designed to aid you in remembering what you are taking away for the benefit of your directee.)

Have you experienced any new awareness about yourself? If so, describe that here.

What are you taking away today that will benefit your directee?

## **BEGINNING: GROUNDING EXERCISE #1 – GROUNDING WITH THE BREATH**

Sit in a comfortable chair and place both feet firmly on the ground. Become aware of the points of contact your body has with the chair as you begin this breathing exercise. As you breathe in the rhythm described below, continue to focus on the contact points of your body with the chair. Slowly move your focus to the feeling of the air passing into and out of your body. Notice if the in-breath temperature is different than that of the out-breath, and whether your body feelings change as your body becomes oxygenated.

1. Begin by breathing in and then exhaling all the air out of your lungs.
2. Inhale to a count of 4 filling your lungs and abdomen with air.
3. Hold your breath for a count of 4.
4. Exhale through your mouth to a count of 4.
5. Hold for a count of 4.
6. Continue to repeat until you feel centered and grounded.

## **CLOSING: GROUNDING EXERCISE #2**

Connect with nature for a few minutes. If possible, go outside and make a physical connection with Nature. Walk barefoot in the grass or sit on the ground. If this is not possible, plant your feet on the floor and simply gaze out a window at the natural world.

**For Formal Supervision: REMEMBERED DIALOGUE**

(Please note: You are SD and your directee is D)

<b>Dialogue</b>	<b>Feelings of Director</b>	<b>Thoughts of Director</b>	<b>Body Responses in Director</b>	<b>Body Responses in Directee</b>	<b>Intuition</b>
SD1:					
D1:					
SD2:					
D2:					
SD3:					
D3:					
SD4:					
D4:					
SD5:					
D5:					
SD6:					
D6:					

SD7:					
D7:					
SD8:					

D8:					
SD9:					
D9:					
SD10:					

D10:					
SD11:					
D11:					
SD12:					
D12:					

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