

## Rooting Meditation

by Gwen R.

Stand with your feet about a fist width apart. Take a few slow breaths in and out through the nose if that is comfortable for you. (Pause) Look down and align your feet to look like the number eleven. If you like, you can lift all ten toes off the ground and spread the toes out wide, placing them down one at a time from the little toe to the big toe. Next, feel free to shift the weight forward into the ball mounts of the feet and then sink back into the heels. Maybe you want to shift to the right and to the left and possibly circle around feeling the weight shift on the bottoms of your feet. When you are ready come back to center and see if you can feel the weight of the feet evenly distributed between all four corners of your feet, behind the big toe and pinky toe and on the sides of the heels. Once you have settled into the feet feel free to close your eyes and imagine beautiful red roots sprouting out of the bottom of your feet. Imagine the earth itself is your Higher Power, feeding and nourishing your recovery. Each root represents a part of your recovery. The more roots we have, the deeper we can grow them, the stronger our recovery. If you have a counselor you are working with grow that root down into the earth. If you are working with a sponsor grow that root big and strong down deep into the earth. If you are attending meetings grow that root. If you read recovery literature grow that root. If you have a spiritual practice grow that root. If you have a spiritual mentor grow that root. If you have a network of recovery friends grow that root. If you have family that is supportive grow that root. If you have an exercise routine grow that root. If you are practicing self-care grow that root. Anything that is bringing strength to your recovery grow that root. (Pause) Now, begin to draw energy up that root system from the earth, your Higher Power into your legs. Engage the thighs and spiral them in towards each other as you lift this energy up. Draw your belly in and up, again lifting this energy up from the earth. Roll your shoulders down the back and reach your fingertips towards the ground. If you would like you can turn the palms forward. Reach the crown of the head towards the sky and the tailbone towards the earth finding length in the spine. Keep your chin parallel to the ground as you continue to draw up strength and stability into the body. Notice how this feels, to stand up tall, to take a stand. (Pause) Whenever life begins to feel unmanageable take a moment to come back to this position and root down connecting with the earth. Draw in what you need.