

Meditation - Michelle Gaucher

Welcome to Meditation. Please enjoy this short 3-minute relaxation exercise from Michelle Gaucher, who is a licensed naturopathic doctor practicing in Victoria, BC.

Hello everyone, and welcome to this grounding meditation. Let's start by getting into a comfortable position. If you're sitting on a chair, place both feet firmly on the ground beneath you. Allow yourself to lean back and be comfortable.

Let's start with three big breaths.

Inhale, allowing the air to fill your lungs and expand your belly. And exhale.

Inhale, feeling the air all the way through your mouth, down through your chest and in your belly. And exhale.

For this third one, I want you to inhale, feel the oxygen running through all of your muscles, down to your fingertips and all the way to your toes.

And release.

Now I want to bring your attention to your SITZ bones, feel them firmly planted in the seat beneath you, holding you up from the ground. Feel the pressure. Is it uncomfortable? Any tension? If so, breathe into that area and release the tension with that breath.

Now I want to bring awareness to your feet, feel the bottom of your feet digging into the ground. Feel the energy from the ground coming into your feet, and the energy from your feet into the ground. Feel that exchange. Feel how deep-rooted and grounded you are.

Are there any sounds around you? If so, bring attention to that.

Are there kids playing, people walking, are there birds singing or trees rustling in the wind?

Maybe there's some music in the background. Pay attention to that.

Now I want you to come back to your breath.

Inhale deep into your belly, feel your belly expand. And exhale.

And inhale again, expanding those lungs and chest and your belly. And exhale and release.

Now when you're ready, open your eyes slowly and bring this peaceful, grounded feeling into your day and be present.