GRAVITY CONNECTOR

"Feel the force of gravity while experiencing gratitude"

INSTRUCTIONS

Consider this a rhetorical question: How would it feel to lie on the ground and have someone who is your exact body weight stand flat-footed on your chest? The laws of nature (in this case: Gravity) also apply to that same force of pressure being underfoot. The reason why we are mostly oblivious to something so obvious is that we've gotten used to it. Your mission in this activity is to fully connect with gravity.

We'll then discuss several ways for you to apply this newfound awareness. If you have never done this, you may be surprised how heavy you feel. It may also take you a minute or two to make the connection, so stick with it until you do.

STEP 1: Find a quiet place. Stand should width apart on equal footing.*
Face the direction that feels most naturally connects to the world, like towards a window. Get your *Feng Shui* on.

STEP 2: Close your eyes* and concentrate on that singular, natural phenomenon by feeling the full weight of your body underfoot.

STEP 3: Once you begin to feel it, keep going. Be as heavy as you can. If you sway, find your center. **Note**: Stay fully upright - do not squat to "lower your center of gravity."

STEP 4: After you allow yourself to fully connect with the force of gravity, imagine further rooting yourself beneath the surface as a tree would. Concentrate. You should feel almost immovable.

ACTIVITY: PRACTICE GRATITUDE

STEP 5: Now fully connected, consciously take 3-4 slow, deep breaths.

STEP 6: While doing so, tune into a single thought about something that you are especially grateful. It can be a current aspect of your life, such as your health, spouse, children, family, friendships or something in the material world. It could even be about financial security or to envision a part of your home or other favorite places. If it has to do with something you want to attract consciously, then the moment is about imagining and experiencing the feeling of already having it, such as a car, new home or spouse.

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PRACTICING GRATITUDE – CONT'D

The above sequence may seem prolonged, but its purpose is to dissect the exercise, which can take as few as 10 seconds. Once you get the hang of it, you should be able to consciously reacquire the sensation in an instant.

ACTIVITY: ALIGN WITH A TRIGGER EVENT

Truth be told, this exercise originated in concert with observing 11:11 on the clock. Many people, especially children, enjoy "catching" 11:11 to make a wish. It's also a nice time to tell someone you love them or send a thankful message. Naturally, when seeing

Naturally, the experience of seeing 11:11 spontaneously means not know whether it has 1 or 59 seconds remaining. Whether it's that or some other triggering event (like a phone alert), the idea is to immediately stop what you're doing, stand up, and feel the force of gravity while experiencing gratitude during a few slow, deep breaths. It may also surprise you to notice how that minute suddenly feels like a long time.

ACTIVITY: TRY WALKING HEAVY

Simple enough. Once you can easily connect with gravity, try taking 25 mindful steps and feel your full body weight each time. Naturally, the force is greater one foot at a time.

ACTIVITY: MAKE THIS YOUR "GO TO" STANCE DURING CONFLICT

Imagine that you're in a conversation and begin to feel yourself on the defensive. Before allowing things to worsen, rely on this technique to ground yourself. Allow it to help you remain poised and centered. This works.

Those who identify with the Earth element may find this especially appealing. Though less obvious until now, it's essential to realize your connection with gravity. It is always there, even though you are rarely aware of it. Sound familiar? Might it remind you about the natural flow of energy that comprises what we've described as the current?

To recap, make sure to do the exercise while intentionally feeling the force of gravity underfoot, further rooting yourself beneath the surface. Keep your eyes closed and take some conscious slow, deep breaths. Then, think of something specific for which you are extremely grateful. It's less of a question of why and more one of why not. Enjoy!

* *Remain on equal footing. Do not attempt on one foot. If off balance, open eyes or discontinue.*

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