**Gravity Awareness – Part 2**

**Goal:** To improve body awareness and control, and to learn grounding techniques. To improve feelings of balance and equilibrium.

**Setup:** Find a quiet room with enough space to lie down on the floor. Dim the lights if possible.

**Instructions:**

1. Take off your glasses. Lie flat on your back, preferably on the floor or another hard surface. (The harder the surface, the easier it is to be aware of how your body feels.) Pay attention to your breathing.
2. Look straight up with your eyes closed. If any part of your body feels like it’s floating or sliding away, consciously push that part of your body against the ground and feel its stability against the floor. Work to make all body parts feel as if they are touching the floor with equal amounts of pressure. Once your body feels equalized, move on to the next step.
3. While keeping your eyes closed, jump the position of your eyes downward as if they are looking at your feet. Does your feeling of equilibrium change? Is there a change in pressure in your feet? Is there a change in pressure in your head? Do you feel as if your body is tilted towards your feet?
4. While keeping your eyes closed, jump the position of your eyes back to looking straight up. Can you feel your body “rebalance”? Does your feeling of equilibrium change?
5. Continue switching your gaze from your feet to straight above while paying attention to any changes in pressure.
6. Repeat the above sequence, but this time jump your eyes up as if you are looking at your eyebrows. Once again, pay attention to changes of pressure or feelings of equilibrium.
7. Repeat the sequence, jumping your eyes to the right and then to the left.
8. Repeat the entire sequence with your eyes open.

**Aspects to emphasize:**

1. Your first goal is to be aware of shifts in pressure or a change in equilibrium.
2. Your second goal is to feel as if all body parts touching the floor are touching with equal pressure regardless of where your eyes are pointing or whether they are closed or open.
3. Remember to keep breathing using deep belly breaths.