**Gravity Awareness Part 3**

**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. Successfully complete levels 1 and 2.
2. Following the directions from level 2, combine eye movements in the following ways:
3. Middle – Right – Middle
4. Middle – Left – Middle
5. Middle – Up – Middle
6. Middle – Down – Middle
7. Middle – Up and Right – Middle
8. Middle – Up and Left – Middle
9. Your body may feel like it is shifting in the same direction your eyes are pointed. Be aware of that tendency, then follow the directions for equalizing your body described in Part 2.

**Aspects to emphasize:**

1. Begin with 3 movements in each direction. As your ability and feelings of equilibrium increase, work up to 10 eye movements in each direction.
2. Perform the activity daily.
3. Do not wear your glasses for the activity. You may repeat the activity while wearing your glasses and make note of any differences.
4. Continue to deep belly breathe,