**Gravity Awareness – Part I**

**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. Close your eyes and think about which parts of your body you can feel touching the ground. Spend a moment on each body part and notice whether you feel it against the ground:
   1. Head
   2. Shoulders
   3. Upper arms
   4. Elbows
   5. Forearms
   6. Hands (palms down)
   7. Upper back
   8. Middle back
   9. Lower back
   10. Hips
   11. Back of thighs
   12. Knees
   13. Calves
   14. Heels
3. 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.
4. Think about the right side versus the left side of your body – do they feel equal against the floor? If not, can you make them feel equal? You might need to push the side that feels lighter into the floor.
5. Think about the top half versus the bottom half of your body – do they feel equal against the floor? If not, can you make them feel equal? You might need to push the parts of your body that feel lighter against the floor.
6. Continue, making sure your whole body feels stable and balanced. Keep deep breathing. Lie as long as necessary in order to feel equal and grounded.
7. While it doesn’t directly affect this activity, when you are standing, think about balancing your weight evenly between your right and left feet and make sure you’re touching the floor with as much of your feet as possible.