



## Episode Transcript – 028

# Grounding Yourself in the World

### Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

### Main podcast

I wanted to give you another practise. In the last episode I shared with you a meditation of sort. And some may have already done that. If you haven't, then I invite you to go back and do the meditation. The purpose of that meditation was to connect you to the simplicity of your self in your breath and your energy. Very internal process. Very much about aligning yourself.

Today I wanted to give you a different direction, a practise that helps ground you in the moment that helps you to be present here now. And where might this be helpful? Often when we have too many things going on, when our life seems to be distracting us, when it's stressful, when we don't have the ability to step out and meditate in a place that is supportive for us. Sometimes we need a tool or technique that brings us back into the moment. So this isn't a meditation of sorts. It's me suggesting a way for you to ground yourself, to bring yourself into the moment.

So let me start with the different ways you can do this. The first thing is to be present in your breath, like you would in any meditation, just simply bringing your focus back to your breathing. But not in a sense that you're going to step into meditation. It's just a way to bring yourself into your physical body to know that you're here in your body right now. Now sometimes because we can be breathing at a fast pace, we can be stressed and upset about something, our breathing pattern will be, not normal- I call it that. It wouldn't be a regular breathing pattern. So one of the things that is beneficial about taking the moment to pay attention to your breath is that it allows you to begin to control it, to begin to notice it and not notice anything else in that moment. So firstly, just think of that as one way.

Another way is to feel your body, to actually notice the parts in your body and be anchored in that feeling, that sensation of physical presence. Now, sometimes you might hear of people doing meditation practises, where they do a body scan. Those are valid and absolutely 100% really good techniques to use when you can be in a place where that allows you the time. But let's say you're on a bus or in a crowd or around people and you need to just bring yourself back to you so that you can feel okay.

It's simply a matter of acknowledging the physical body presence in the spot where you are right now. And sometimes this might be a really good thing to do when you're coming out of a meditation, because it brings you back into your physical reality. So if any of you do guided



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meditations, you will definitely have had this happen where people and myself included will get you to feel your body in the chair, to feel your fingers, your arms, your feet, your toes, and so on.

So in a moment when you need to really ground yourself and be present, another technique is to feel and notice the physical parts of your body. Just noticing it, no dialogue or anything about, oh my gosh, why is that happening to my body or what's going on. It is simply I'm feeling my fingers. They're moving. And then you actually feel it. You can feel your legs touching surfaces of the seat. You can wiggle your body and actually feel yourself settling and adjusting and your spine aligning. You're paying attention to the physicality of your body. Very simple.

And then another one that I like to do is - and this can be in anything you're doing could be out for a walk, and I do this a lot in nature and it's so nice, it's so beautiful to do this - and that is to just notice all the things around you in absolute detail. So you could be, let's start with just sitting. Let's say you're just sitting on a park bench or you're sitting on the edge of let's say the water in a lake or something, or you've gone to sit under a tree somewhere. I don't know. You're somewhere. I'm going to pick nature first because I like that. And you start looking at things around you. And you pick an item, like let's say there's a bush in front of you or a tree.

And you start to notice all the details of that tree and you get lost in that. You say, oh, look at the leaf. And then you notice the leaf and you say to yourself 'okay, well, what colour is that? It looks green, but that other one is not that green. You get caught into the journey of observation. And another way to trick your mind to be in this is to pretend that you had to describe this to somebody else. So imagine that let's say you get back from your moment away or your break, and you had to tell somebody, 'well, I saw this tree and this is what it looked like'. You start to notice that.

And then if you have time, you go to the next thing, like you go, oh, well there's a bird over there. Or there's a tree with a trunk and I notice the trunk now. And you begin to really look at in absolute micro detail, the physicality and presence of the nature around you. It's that simple.

And then you go beyond that and you take in the environment. So you're beginning to put a picture in your mind by being in it and engaging with it. And what makes this really fun, well, at least I think it is, is that when you give yourself permission to simply notice the details of nature around you, you feel connected to it. And it's a very soothing experience. It might be that you begin to see things that you've never seen before. And you notice the life around you that goes on no matter what you're doing, it's always happening. And then every time you go out, you might notice when it changes because then you see nature changing as well. So for example, you may have gone down to an area in a park and you come back later another week and things have grown. Things have changed. Your awareness of your natural environment becomes more in tune. And that's a relationship that you're building that allows you to feel grounded, to feel connected. So I'd really encourage you to do that.

Another exercise, you can call these exercises, I don't know, I think practises, something, might be to just journey through that physically, by walking around and noticing what's around you. Lots of people talk about things like that. I personally love going along and just paying attention to what's happening in the world around me, noticing without judgement, noticing without interpretation and noticing without any evaluation whatsoever. Like, 'oh there is a person walking by. Isn't that interesting. Wearing those clothes. There is a car driving by. That house is made of brick. I will look at the brick more closely. And you can do this when you're out walking. Or you could again be



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sitting. Now maybe, perhaps you're sitting in a location in the city having a break during your work day and you might just sit and observe.

And it just gives you a chance again, to notice what's around you, to be in the world, to be anchored in the world and not afraid or judgmental or anything about it. It's like, there's not a thought process in you that takes you out of the world, just existing as it is. Now, what might be a proviso for this short suggestion list is pick wisely where you go and what you look at. So maybe there might be some things that you wouldn't want to go and see in that level of detail because you can't do that without emotions coming up and feeling distressed. So I wouldn't choose that. And if you know something triggers you, then don't go to that as your grounding place.

Now this is the physical real world I'm giving you an anchoring, a way to be in the physical real world. And one of the last things that I think is really powerful is to touch and feel that. When was the last time you actually touched a plant or a tree or a rock, as you were on your walk? When was the last time you took your shoes off and actually felt the grass under your feet?

It doesn't have to be like you've tracked to the beach and you're walking through the sand and your feet are in the water, which is really nice though. It can be as simple as walking on floorboards and just feeling the surface and paying attention to it. The physicality, again, of experiencing the connection through your own body, it brings you into the world and it gives you presence in the moment now. There's no wondering what's going to happen next. There's no jumping to conclusions about, well, what's going to be there next. And you begin to get lost in that moment because it's about the things you see, not about the worries in your mind.

So that's the challenge. That's the opportunity as well for you to develop practises like that, that anchor you ground you and give you a sense of presence in the world around you so that you can feel okay, that you can calm yourself down so that you can be confident and clear when you step into the engagement of the world, through all the different ways that you need to do that.

Whether it's through connecting with people, doing your work, taking care of your life and so forth, this is a nice way to provide a foundation and a platform from which you operate.

I also find that this is a nice balance between the much more intangible and unlimited space in a metaphysical, in a non-descriptive way. It's a different process. And I'm contrasting that. Both are so helpful and so useful to your daily lives. And it's so useful to have a whole, I guess, toolkit of things you can do to look after yourself. So I hope this part here today of physicality and the emphasis on that is helpful to you just as much as a meditation that takes you out into a unlimited space. Enjoy.

### Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website [www.jennshallvey.com](http://www.jennshallvey.com) That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."