



GROUNDING MEDITATION

Episode 3

Hey, it's Rebecca. And welcome to returning. A podcast to return to yourself and to the wisdom within. I'm so glad you're here with me. Thank you for returning. Today I am sharing with you one of my favorite sacred practices. And it's also one of my favorite meditations. And it's a meditation called Earth Pulsing. I created this practice back in 2017, and at the time I've been showing up to the same meditation year in, year out, day after day, which has really, really served me. It's when I really first began showing up to what I call non-negotiable spiritual practice and really developed a date practice.

But all of a sudden I started craving for a connection to Earth. I started craving to feel more grounded and for my nervous system to regulate and just really for me to come more fully into my body. And I started exploring different practices and then developed this one. Which is called Earth pulsing. And it is a really, really nourishing practice. It's an amazing meditation. If you ever want to find some calm in your day to slow down to. You know, just slow down the noise of the mind and come into your body to feel grounded, rejuvenated, fill up your well and most of all regulated to do this practice. It's really, really, really simple. It's it's really just.

Surrendering to the earth and entering into a state of surrender and relaxation, essentially. Ideally, like the ultimate place to do this practice, this meditation practice is in nature, if you can like on the grass in your garden, if you live near the beach, you could do it on the sand. You could even do it while you're laying in the sun. That's what you do and no one will ever know. But if you can't get into nature right now, I'm going to be guiding us through it. Then you can do it inside like I do. You can do it on a bed on the ground. I've done it before I lead a workshop, like in a green room. You could do it absolutely anywhere. But the most important thing is that you're lying down on the ground with the back of your heart against the earth or the ground or a bed so that the surface you're laying on your back for this. And Yeah. And if you can't go into nature now, perhaps just do it with me wherever you can, and then you can save this episode and come back to it to try when you're out and about in nature.

Okay, So. Take a moment now to get really comfortable laying down and if It feels good, I really love to close my eyes so you can close your eyes now too. And your only job for this meditation really is to slow down your breath and surrender and relax. We will be connecting to the heartbeat of the earth and inviting our own heartbeat to sync in with that.

I know how precious your time is. And so, as always, we're going to open sacred space together. And then we will dive straight into the meditation.

In the center of your heart. Imagine a beautiful flower and invite this flower to open petal by petal now. Revealing a light in the middle. And this light is your wise, intuitive self. It's the part of you that's always guiding you and always available for you to return to it. Taking a really deep breath in now with me and really inviting this light, this wise part of you, your soul, to step forward now. Together, let's take a moment to acknowledge the keepers and spirits and custodians of the land where you are. I'm acknowledging them where I am too. Now known and unknown. Beautiful. Let's begin.

Laying down on the ground. Begin to enter a state of deep relaxation. Getting really comfortable doing whatever you need to. To feel really comfortable. Begin to close your eyes. And perhaps. Have your hands with palms facing up. Imagine. A heart beat at the center of the earth. This is the heartbeat of Mother Earth herself. The pulse of life. This heartbeat is the intelligent force that informs so much on this planet. Tells the flowers when to bloom. The seasons when two come and go. Even the planet to spin. And the same force exists within you. And she breathe deeply. And really allow yourself to surrender. To this intelligent pulse of the earth. The rhythm of the earth. Breathing deeply. See if you can feel the physical connection to the earth beneath you.

Feeling gravity holding you. Feeling the earth holding you. And invite the back of your heart now to open. Feeling that connection between the back of your heart and the earth. Opening your heart and seeing if you can feel your own heart. Pulsing against the earth. Imagining the pulse within you. And breathing really deeply. Invite the pulse of the earth. To regulate your own pulse at the back of your heart. Breathe and surrender. Breathe and rest. Breathe surrendering to your natural rhythm. Breathe. Letting the pulse of the earth support you, really surrendering to this beautiful, intelligent pulse of the earth. Whenever you need it. Feeling free to take a deep breath in and maybe even sighing out. Breathing deeply. Surrendering to the pulse of the earth. Taking as many deep breaths. As you need, to return to your natural rhythm. Feeling held, supported and rebalanced.

Breathing deeply. Seeing if you can surrender even more to gravity. Breathing deeply. Seeing if you can surrender even more to the pulse of the earth. Breathing deeply and surrendering. Breathing deeply. And being held. Breathing deeply. Being rebalanced. Breathing deeply.

Feeling held. Breathing deeply. Finding your natural rhythm. Breathing deeply. Feeling nourished by the earth. Breathing deeply. Surrendering to your natural rhythm. Breathing deeply. Feeling rebalanced and replenished. Breathing deeply. Finding your own natural rhythm. Breathing deeply. Being held by the earth. Breathing deeply. Really feeling the pulse of the earth. Breathing deeply re sinking with the earth. Taking one final really deep breath in. And letting go just a little bit more. Breathing deeply. Feeling held by the earth. Breathing deeply. Feeling rebalanced by the earth. Breathing deeply. Finding your own natural rhythm, breathing deeply. Feeling replenished. And rebalanced. Taking another deep breath in. And exhaling out. Beginning to come out of the meditation now. Taking as long as you need. Wiggling your fingers and your toes. Perhaps circling your hands and your ankles. You might like to slowly move on to your side. Resting here for a while. Opening your eyes. Slowly. Coming to a seated position. Feeling held, supported. Balanced. And rejuvenated.

I hope you enjoyed earth pulsing with me today. This really is such a nourishing practice that you can do absolutely anywhere and without anyone knowing you're doing it. I like to do it outside in nature. And yeah, it's one of the reasons I love this practice. You can just look like you're laying down, relaxing when actually you're entering into such a deeply nourishing, meditative state.

And yet also just want to mention that you can do this practice. Obviously, you can come back and do this practice. In a guided way with me. And I also have this practice for free as an mP3 as part of my. Discover Your Spiritual Practice. Seven Days. Of Spiritual Practice Program, which is free. You can get that at [Rebecca Campbell.me](https://rebeccacampbell.me). Forward slash practice.

So you can download an MP3 if you want or yeah, come back here and and practice it with me. The other alternative is you can literally do it for, let's say, 60 seconds or a minute or an hour as long as you want, just on your own. Just by doing the practice yourself, so as we did, you're laying on the ground, imagining your heart opening and connecting in with your heartbeat and then connecting in with the heartbeat of the planet and really attuning to that. So yeah, can be a short meditation or a really long relaxation.

So now I want to invite you. To keep basking in this beautiful energy that we've co-created and, you know, making the most of that by connecting in with the wisdom within, through tuning into your soul with today's Soul Inquiry Prompts.

Soul Inquiry is a practice where we enter into a direct dialog with our soul. Our soul is the part of us that is connected to our intuition. It really is the the wise part of us. It's the Wisdom within. And you can do the soul inquiry process and answer the Soul inquire inquiry prompts by journaling in a notebook if you want. Or you can just place one hand on your heart and tune in so you can answer out loud or just tune into the voice within.

So today's Soul Inquiry Prompt is What is your body truly yearning for? What is your body truly yearning for? What is your body truly yearning for? And then, as always, we want to take some grounded action on the wisdom that's come in, intuition that you may have received with the following soul inquiry prompts, to really integrated into your life. And so this prompt is, what is one baby step you can take to integrate this into your life today? What is one baby step you can take to integrate this into your life today?

It's been amazing to practice together today, and let's all share a final deep breath together as we close this sacred space.

If you've enjoyed today's earth pulsing meditation Feel free to share this episode with a friend. And if you'd like to keep returning to yourself. And returning here with me. Then please hit subscribe. If you'd like an MP3. Copy of this meditation of the earth pulsing meditation, you can receive it as part of the free Discover your Spiritual Practice. Seven day program. If you sign up for that. You'll receive seven different practices over the course of a week straight to your inbox. And you can join me there. Rebecca Campbell.me. Forward slash practice and to receive the show notes from today's episode or to sign up to receive each new episode directly to your inbox. Just head over to Rebecca.me Forward slash podcast.