



Healthy Sense of Self

**Grounding Exercise
AND
Guided Meditation**

For Better Mind, Body,
& Self-Awareness



Do you often feel overwhelmed by feelings of stress or anxiety? Do you deal with chronic challenges like mental fatigue, physical pain, or feeling detached from the present moment? Do you ever feel like your life is out of your control?

If so, you may be suffering from a lack of Sense of Self—the result of being treated as an extension of your caregivers in childhood, instead of being recognized as an independent person with your own needs and desires. You may not have received the emotional support you needed, and so never had the opportunity to develop a deep, unwavering sense of you truly are.

Do You Suffer from a Lack of Sense of Self?

Here are some of the symptoms that indicate you're not really grounded and living from the center of your own being, your true Self.

- Indecisiveness
- Erratic moods/behavior
- Acute sensitivity
- Restlessness
- Work-a-holic-sim
- Loneliness
- Compulsive behavior
- Sleeplessness
- Feeling that something is “wrong” with you
- Panic attacks
- Extreme anger or rage
- Continuous high stress
- Fear of failure
- Self-sabotage
- Being overly controlling
- Overeating and drinking
- Fear of crowds
- Not being able to say “no” to others

If you suffer from [symptoms of a lack of Sense of Self](#), this grounding exercise and guided meditation will help you feel better, have a clearer mind, be less attached to the outcome of your actions, and be less dependent on what others think of you.

With practice, you will start cultivating the deep, inner knowing that you truly own your body and your mind, along with the abiding sense of calm that this knowledge inspires.

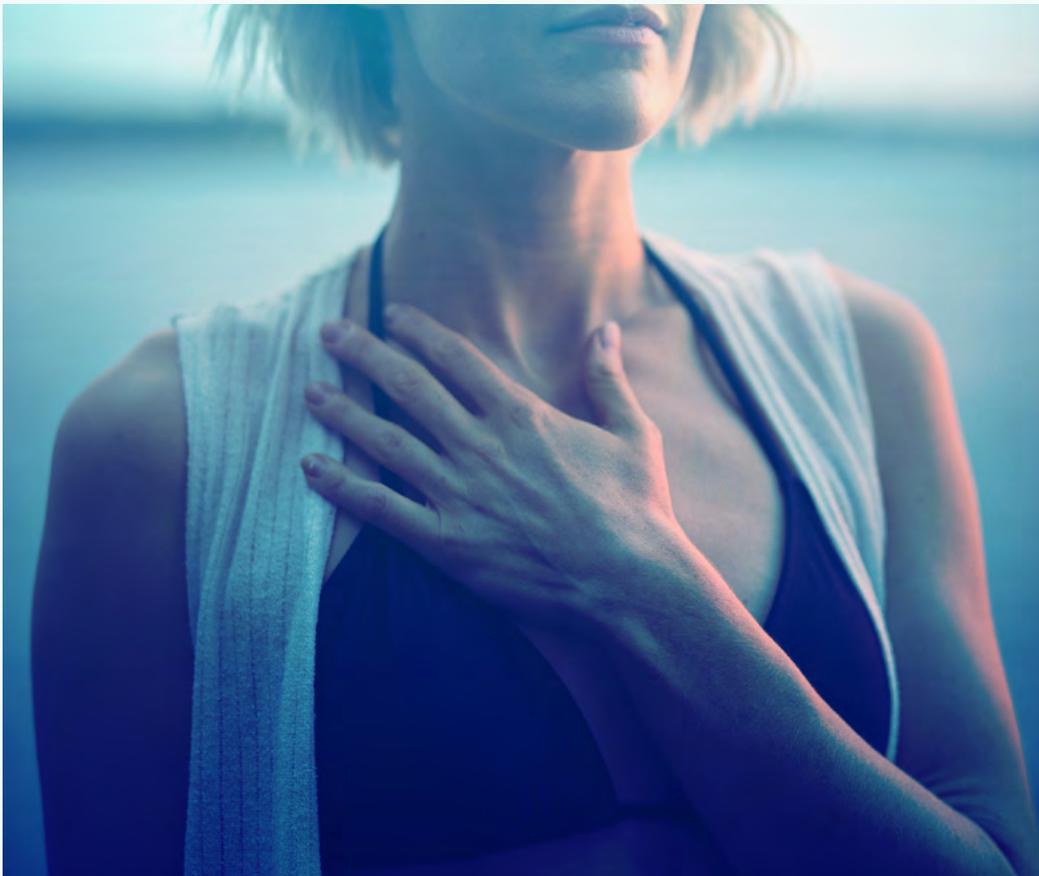
While you're beginning your quest of [gaining a strong Sense of Self](#), this guided meditation is meant to be used as a tool to help you feel and function

better.

You are (the owner of) your body so you would do well to focus on that and become fully aware of it.

The body awareness exercise on the next page is to gain a solid understanding—by means of sensing—what it means to be in and with your body while being your body at the same time.

Certain questions might come up about what your ultimate entity actually is or about life in general. You might want to pause and consider what more there is to you as a person.



Grounding Exercise for Mind & Body Awareness

Find a quiet place where you won't be disturbed, and either lie down or find a comfortable upright, seated position.

Close your eyes and become aware of your breathing; breathe in, breathe out; and say to yourself:

My mind and my body are mine.

Bring mindful awareness to your physical body as you continue to breathe in through your nose and out through your mouth.

Become aware of where your body presses against any surface – like the chair – and notice how it feels against your skin or clothing. Notice the pressure.

Move your attention to the very top of your head now and become aware of your face . . . and your entire head.

Smile a bit and feel that ease into your ears.

Sense healing light entering light into your eyes and forehead and envision healing light flowing over your brain, activating the pineal gland to release positive hormones into the right hemisphere of your brain where creativity and concentration are housed.

Bring your awareness to your neck now.

On your next inhale, see if you can sense your pulse. Bring attention to your shoulders. If you feel any tension there allow it to leave on your next exhale.

Now move the breath into the chest and open the heart . . .

Slide your attention down your arms to your elbows . . . your wrists . . . and your fingers.

Now back to your shoulders and move down your back—
feel any constrictions opening up, feel any heaviness soften.

Bring your awareness around to your stomach. Feel the flow of healing breath into your belly and back.

Move down your torso to the top of your legs . . .

down your knees . . . to your calves.

Now focus on the tops of your feet , your toes, and finally the soles of your feet.

And when you're ready, open your eyes, take a deep, diaphragmatic breath in through your nose . . . and release a long sigh through your mouth.

My mind and my body are mine.

Take a few minutes every day to consciously experience your Self through your physical and emotional body. This body mindfulness exercise helps you recenter when you're feeling frazzled. Do it when you wake up, on your lunch break, or before you go to bed. Circle back to it whenever it feels right and necessary.

[Check out this short video](#) for an overview of the grounding exercise. And feel free to use it as a support and visual reminder whenever you need help focusing.



Benefits of Mind & Body Awareness

Studies show that daily mindfulness practice, meditation, and affirmations all help [reduce stress and anxiety](#).

Relieving stress on a daily basis will help you maintain the clarity and focus you need to keep working towards a strong Sense of Self—the certainty that you exist as your own person, regardless of how you behave, what you achieve, or what you don't achieve.

As you integrate a mindfulness practice into your daily routine, you start to experience the [benefits of improved self-awareness](#) and being fully grounded in your true Self:

- Feeling comfortable in your own skin
- Less reactive and less sensitive to criticism
- Improved sleep and less mental fatigue
- More precise awareness of the source of your physical pain
- Fewer compulsive actions
- Taking life-changing “risks” that may result in failure
- Knowing exactly what you want

Your path to a strong Sense of Self and better quality of life starts today with a few simple words:

My mind and my body are mine.

We leave you with an affirmation to remember and repeat to your Self each and every day.

I, _____ (fill in your name), am always am my Self. I sense my Self perfectly and know that I am enough. My Self is my true nature; my Self is my home. I am at ease with my Self . . . I am at peace in my Self. I am happy to be my Self. I fall asleep easily, rest well, and awaken refreshed and excited for another day as my true Self.



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(EDITOR'S NOTE: There are several variations of this body/mind/Self awareness exercise described in the [Sense of Self Book](#): How to Be True to Your Self and Make Your World a Better Place!)

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