

●●●● Grounding Exercise

The Grounding Process is the principle exercise that the Evolutionary Intelligence program uses to develop Presence. This process increases focus and attention, the observer self, awareness of the inner world, a calm and clear mind, happiness and the space to choose our responses to external stimuli.

Body Position and Observer Self

The first part of the process of grounding is to check you are sitting or standing in a comfortable way, as much as possible having your spine aligned and relaxed. After you have found a comfortable position, allow yourself to become aware of the observer self. This is the part of you that is able to be present with what is happening, without judgement. This part of you could be likened to a young child that is very curious, and always wondering why. The use of the observer self will help to quieten the Judge self which most us have turned up pretty loudly.

The Breath

After connecting with your observer self, become conscious of your breath. Don't try to change your breath, just be conscious of how you are breathing. Once you have connected with your breath, ask your body if that is the breathing pattern that it needs right now. Let your body guide you as to what it needs. If you can, stay with the breath that your body needs for a minute or two.

Retrieving the Bits We Leave Behind

Once your body feels like it is breathing the way it needs to, check in to the different places you may have been during the day, yesterday and even the places you may be going to later today. We can leave parts of ourselves in different situations we experience. You may have a problem with someone that is unresolved or feeling anxious about a meeting that is coming later in the day.

Check in with all the places you may have been and set the intention that all the bits of you that are not present come back to here and now. Sit with that intention for a few minutes and notice if there are any parts of you that come back. Once you feel that you are as present as you can be move to the next step.

Fully Embodying Yourself:

Bring your attention to your feet and notice how they are sitting on the ground. One may feel heavier than the other, or they may feel like they are not touching the ground. However they feel just ask yourself the question "I wonder why". Try not to force any feeling into them.

Once clear about how your feet are feeling move to your lower legs and notice how they are feeling. If there is any tension you are holding you may be able to let it go down through your leg, through your feet and into the ground. This is the beginning of the process of creating a channel into the ground whereby you can let go of any tension or stress you may not need to be holding.

Once you feel you have let go of what you don't need move to your thighs and repeat the same process. Notice how they feel and if there is anything you may be holding onto that you don't need let it go through the channel down through your legs and into the ground.

Move to your pelvis once you are done with your thighs. Notice if there is any tension or tightness there and repeat the letting go process. Move up slowly through the rest of your body noticing what there is and asking "I wonder why". Once you have finished the process all the way up to your head, take your awareness back to your feet and check in and see if there is a difference.

Make a mental note of the difference in your feet. Check in with your whole body and notice the difference in how it feels. Note the different feelings and ask yourself if this is a place that you find yourself very often.

Some Extra Pieces:

This practice is very effective if done daily. Ideally the morning is a good time to practice it. It will set the template of being grounded for the day. You may find that at different points during the day you may need to re do it. This is a great practise to do before a meeting or even during a meeting if you feel you have become ungrounded.

As time goes on you may wish to visualise a symbol that you can associate with the practise. This will make it easier as time goes on, as you will be able to then visualise the symbol and come to a grounded place.

●●●● **Remember it is our right as humans to be as fully present as we can all the time.**

●●● Think, Feel, Know

Emotions are felt in the body, not in the mind. So it makes sense to focus our attention on the body if we want to know how we are feeling! When we listen to our body with Presence, we notice a continual stream of sensations and emotions that normally go unnoticed.

We begin to realise that our emotions are not us, and that we have a choice as to whether we follow them or choose another response. They are just energy moving through us. We can learn to observe them, without judgement, avoidance or suppression.

In an interesting study by UCLA's Matthew Lieberman, decreased activation of the amygdala (the fight or flight centre in our brain) occurs when feelings are labelled with words. This occurs by a series of brain messages via the prefrontal cortex. (Matthew Lieberman et al., "Putting Feelings into Words: Affect Labelling Disrupts Amygdala Activity in Response to Affective Stimuli", 2007).

It can be a challenge to name our feelings. By focusing attention on where in the body the feeling sits, and then guessing at words to describe the feelings, we can get clarity and a sense of relief when we find the word that corresponds to the feeling.

Improving our emotional vocabulary and awareness involves identifying our feelings and needs, and asking for those needs to be met without expectation or blame.

Marshall B. Rosenberg, from the Centre for Non-Violent Communication (www.cnvc.org) developed a method of heart-imbued communication that encompasses an extremely useful list of universal feelings and needs.

Our version of this list shows three columns; Think, Feel and Know, and illustrates the feelings we may have when our needs are not met, and what those needs could be. We can use these lists to help us identify our feelings – notice the sense of relief in your body when you find the word to really describe your feelings. This is not a comprehensive list, and it's possible to feel more than one thing at any one time!

The Thinking words are ones we often mistake for feelings, but are really covering up our feelings with our Story.

We usually precede the use of these "Thinkings" by:

1. I feel... that, like, as if (I feel that you are ignoring me)
2. I feel.... I, you, he, she, they, it (I feel I am always being nagged)
3. I feel.... names or nouns referring to people (I feel my boss is manipulative)
4. I feel.... descriptions of what we think (I feel inadequate as a guitar player)
5. I feel... what we think others are doing to us (I feel ignored)

As you read the Thinking words, notice how there is implicit blame or victimhood in them.

Think, Feel, Know Table

Story - Think	Underlying Feelings - Feel	Underlying Needs - Know
Abandoned	Frightened, Hurt, Sad, Lonely	Nurturing, Connection, Belonging, Support
Abused	Angry, Frustrated, Frightened	Caring, Support, Wellbeing
Attacked	Scared, Angry	Safety
Betrayed	Angry, Hurt, Disappointed, Enraged	Trust, Dependability, Honesty
Blamed	Angry, Scared, Antagonistic, Hostile	Accountability, Fairness, Justice
Bullied	Angry, Scared, Pressured	Autonomy, Choice, Safety, Consideration
Cheated	Resentful, Hurt, Angry	Honesty, Justice, Trust, Reliability
Criticised	Scared, Anxious, Humiliated	Understanding, Acknowledgement, Recognition
Dumped On	Angry, Overwhelmed	Respect, Consideration
Harrassed	Angry, Frustrated, Frightened	Respect, Consideration, Space
Ignored	Lonely, Scared, Hurt, Sad	Connection, Belonging, Inclusion
Invalidated	Angry, Hurt, Resentful	Appreciation, Respect, Acknowledgement, Recognition
Isolated	Lonely, Afraid, Scared	Community, Inclusion, Belonging, Contribution
Let Down	Sad, Disappointed, Frightened	Consistency, Trust, Dependability
Misunderstood	Upset, Angry, Frustrated	To be heard, Understanding, Clarity
Overworked	Angry, Tired, Frustrated	Respect, Consideration, Rest
Patronised	Angry, Frustrated, Resentful	Recognition, Equality, Respect
Provoked	Angry, Frustrated, Hostile, Resentful	Respect, Consideration
Rejected	Hurt, Scared, Angry, Defiant	Belonging, Inclusion, Closeness, To be seen
Smothered	Frustrated, Scared, Desperate	Space, Freedom, Autonomy, Authenticity
Unappreciated	Sad, Angry, Hurt, Frustrated	Appreciation, Respect, Acknowledgement
Unloved	Sad, Bewilderd, Frustrated	Love, Appreciation, Empathy, Connection



Thinking

Feeling

Knowing