





# Morning Meditation: Ground, Center and Attune

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**T**hree of the most essential concepts for new students to grasp in the Healing Touch Level 1 class are—"ground, center and attune." With a firm foundation in these three concepts, students and practitioners have a strong base upon which to build their practice, to keep them aligned with Source and to avoid depleting their own energy while doing the work.

To be honest, these concepts took me years to fully understand and some days I feel like I still have a lot to learn in order to maintain balance in my life. Therefore, I continue to practice and strive for balance through self-care practices such as the Healing Touch Self-Chakra Connection technique and meditation. I was inspired to write the following meditation as I gazed upon the image shown above, which was at the centerpiece altar during my Level 6 instructor training with Cynthia Hutchison, Program Director of Healing Touch Program. The Grounding Tree is the beautiful artwork of Cynthia's talented daughter, Catherine Hutchison. I share this image and meditation with you, whether you are a seasoned professional or someone new to these concepts, in the hope that they bring some balance to your life as they do to mine. Feel free to adapt the meditation to your needs and use it with my permission for your personal use or in your classes.

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## The Meditation

As you get settled in your seats and create a space free from distractions, we will start the morning with a guided meditation. This will help each of us to feel more grounded, centered and attuned—which may be new terms for you. However, they are terms with which you will become quite familiar over time and with practice. Realize that your mind may wander and that is okay. If that happens very gently and kindly bring your attention back to my voice or to your own breath.

As we get started, I invite you to look at the image of The Grounding Tree. I will ask you to recall this image later in the meditation. Take three deep, cleansing breaths and as you do, release any stress and worry you may be carrying. The rush to get out of the house on time, the traffic, the parking challenges, anything that is on your mind. Gift yourself with ten minutes of self-care, which is so important to you. At your own pace:

Breathe in . . . and out . . . relaxing your body.  
Breathe in . . . and out . . . easing your mind.  
Breathe in . . . and out . . . connecting to spirit.  
Breathe at your own comfortable pace now as you drop your attention from your mind . . . into your heart . . . into your belly . . . into your feet.



As you draw your attention to your feet, call to mind the image of The Grounding Tree. Recall the silhouette of a person standing in the form of a tree, arms extended like branches, feet growing roots. Feel your own feet on the floor. Imagine roots growing from the soles of your feet, extending into the floor, through the carpet, through the foundation of the building, into the rich soil, through rocks and lava into the center of the Earth. Connect to Earth energy, Mother Earth. Allow yourself to feel completely and firmly grounded—like a mighty oak or a great redwood. Feel the strength, the power, the support of the Earth energy flow into your roots. Allow it to feed you,

That little sapling is still alive, surrounded by all those rings—those years of life experience. Allow the light to gently penetrate those rings and emanate your true self from your heart center. As the light grows, it dissolves any fears, doubts, insecurities—leaving room only for love in your heart center. Now set an intention for yourself. Take a moment to lovingly plant a seed in your heart center. It could be a desire, goal or wish for you to experience today. It could be something simple or something big, but let it be comfortable and exciting and joyful. Take a moment in silence now to plant your seed.

*Ground, center and attune—these three concepts offer a strong base upon which to build, keeping you aligned with Source.*

welcome it into your feet and slowly allow it to rise to your legs and hips. You are in your body. You are comfortable, supported and safe.

Now visualize your legs and torso as the trunk of the tree. The Earth energy rises in you like sap rising in a tree, continuing into your abdomen and up your spine—making you feel strong and firm. Let this energy fill your chest and flow down your arms and out your fingers. The sap continues to flow to your neck, filling your face and head, extending to the very ends of your hair. You are completely connected to Earth's healing, supportive energy and you feel this life-force flowing through your veins. Spend a moment savoring this power and integrating this strength into your being.

Now bring your attention to your heart. This is the center of your being. In the middle of your tree trunk, within all those rings, is a golden light. Bring your attention there and as your attention draws closer, the golden light grows brighter. You are allowing yourself to feel centered, coming back to yourself, remembering who you are and where you began.

I now invite you to allow that golden light from your heart center to flow naturally and easily to your arms, from the trunk to the branches on your tree. Bring your attention to your branches, your leaves, your flowers or cones. Marvel at your beauty and power. Feel the warmth on your leaves and branches. From where is that warmth coming? Your attention is drawn upward to the sky, toward the sun, toward the Universal Energy flowing into the top of your head. Trees naturally grow toward the light. So too, you reach your branches toward this beautiful warm light that is flowing into you, filling you with peace and connecting you with the Universe and the world around you. This light emanates from you just as it moves into you, attuning you to your environment, to those around you, to your experiences—giving you the fuel and the energy you need to put your intention into action. Savor this connection with the Universe and the world around you. Feel the connection to something bigger than yourself.

Now that you are fully grounded to the earth, centered in your heart, attuned to the world around you and you have silently stated your intention for the



day, gently release this intention and allow the Universal Energy to do the magical work it knows how to do. Allow yourself to be an instrument in this work to bring about your hopes and desires.

Bring your attention back to your heart center and gently release the image of your tree self. Come back to your human limbs, torso and head. Take a few deep breaths and when you feel ready, open your eyes—feeling grounded, centered and attuned. €



Author Lisa Golden is a Healing Touch Certified Practitioner.

Energy Magazine recorded Lisa Golden's Morning Meditation so you, dear reader, can easily start your day grounded, centered and attuned. This free self-care tool can be found [here](#) and on our website under the [Downloads](#) tab. Find a quiet place, listen to the guided meditation and energetically prepare yourself for the day ahead.