

Grounding Techniques & Closing the Space

What is grounding?

Grounding is the process of bringing energy and awareness **back into the body**

Letting the energy settle into the tissues. Allowing the nervous system to recognise:
I am here · I am safe

Why grounding matters

Sound — especially gongs — can open things **very quickly**

It can:

- expand awareness beyond the body
- loosen stored emotion or memory
- shift brainwave states
- activate subtle energy

Without grounding, this can feel like:

- floaty or uncontained
- overwhelming or emotional
- disorienting
- unlanding

This is not “wrong”

It is part of the process

Two key roles of grounding

1. Nervous system regulation

Supporting a shift from altered or expanded states

→ back into **safe, functional presence**

2. Integration

Without grounding, experiences may stay as **experiences**

With grounding, they become:

→ **embodied change**

Safety

Grounding:

- roots the experience into the body
- stabilises the system
- makes the work usable

Tools for grounding

Silence - One of the most powerful tools

Allows the system to:

- process
- settle
- integrate

Koshi chimes

Used as a **transition**

A gentle bridge between states

People LOVE these!

Shakers

Bring:

- rhythm
- texture
- movement

Help reorient the body into time and pattern

Silence/Stillness

Not empty

But full of **integration**

You can do this before the chimes or after the shakers

From cosmic → embodied

The movement is from:

expanded
open
cosmic

→ into

felt · grounded · embodied

Stepping back into the body

This is where the real work happens

A guided descent into the body

Using:

- voice
- breath
- placing awareness into different parts of the body
- noticing contact with the floor
- feeling connection

Final orientation

Bring attention to:

- where you are
- what you can feel
- the space around you

Grounding is not an “add-on”

It is part of the practice

It completes the cycle