



1.5. Grounding Yourself in Meditation

In the first few minutes of meditation, we consciously begin to ground ourselves.

- First, we feel the contact with the surface - the pressure of the seat cushion, the chair surface and the legs and feet resting on it.
- Then we transfer our entire body weight to the surface. We become aware of the weight and let it sink downward.
- At the same time, we release tensions in the upper areas of the body. As soon as we notice any tension, we can consciously release it.
- With each exhalation, we let the weight and energy flow downward.

With a little practice, it is enough to allow the weight to sink - the body will do the rest by itself. After a while, we should feel a stable contact with the ground, while the upper part of the body feels light.

Developing Hara

In Zen, there are various exercises to develop the Hara. It is a nerve plexus and energy center located about one palm below the navel. This is where the body's center of gravity should be.

This brings consciousness from the head into the body. At the same time, we stabilize ourselves physically so that we can open up to the spiritual realm. Good grounding also prevents us from prematurely opening up spiritually.

A central principle of the Hara exercises is to let the energy sink down while exhaling.

In my opinion, this is all you need.

However, special exercises should only be practiced under the guidance of a Zen master. Among other things, it is about centering energy in the Hara. I myself developed increased tension in the lower abdomen - an area where I already have too much tension. This has exacerbated my health problems in the intestinal area.

The foundation of meditation: Learning to ground

In the beginning, we need to consciously practice grounding to internalize it. It can be beneficial to focus predominantly on grounding throughout the entire meditation over several weeks.

Later on, however, every meditation always begins with grounding, regardless of how advanced you are.