

Grounding Exercise

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(Revised: 01. September 2011 by Nicola Neumann-Mangoldt)

FORMAT:

Dyad process

Duration: 30 minutes

PURPOSE:

Get grounded.

SETUP:

People spread in the room, standing.

INTRO / BACKGROUND:

- - -

INSTRUCTIONS / PROCEDURE:

Participants spread in the room.

Trainer says:

„During the next exercise you will realize at a certain point that a shift happens. Take it in completely, integrate it.“

- Arrange it that you touch the Earth with 1 point of your body.
- With 2 points.
- With 3 points.
- With 4 points.
- With 5 points.
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- With 20 points.
- With 25 points.
- With 50 points.
- With 100 points.
- With 500 points.
- With 1000 points.
- With 100.000 points.
- With 500.000 points.
- With 1 million points.

Then let people come back into the present room.

DEBRIEF:

Ask the participants to share about their experience.