

Grounding Questions

These questions may be used to guide your self-explorations of grounding. I'd encourage you to stay with each question for quite a while to plumb its meaning, and make sure you are playing!

Rosemary Faire

Theory:

What is "grounding"?

What is the difference between "grounding" and "centering"?

Why would grounding be relevant to my work life?

How might I be "collapsing into" or "bracing against" gravity?

Lying down in "semi-supine":

Can I feel gravity?

Can I feel "Earth support"?

Can I experiment with pulsing waves through my body?

How could I persuade my joints to release to allow my body to feel more "connected" and "fluid"?

Exploration from prone to standing:

Can I simulate "infancy" or "evolution" and playfully relearn to support myself through crawling, creeping and "monkey" to standing up?

Can I let "Earth support" be transmitted through my bones when moving towards uprightness, becoming "Self support" – feeling the "Levity" or "updraught" rising through me as I come to standing?

(see Body-Mind Centering's Developmental Repatterning; Alexander Technique's Dart Procedures; Feldenkrais Awareness Through Movement)

Slowly walking with awareness:

Can I sense my feet spreading as I place my weight on them?

Can I rely on my bones to support me, from feet to skull?

Can I use imagery of graceful animals, athletes, dancers to guide me towards ease of movement?

Can I let my body find an easier, lighter, "non-doing" dynamic posture, embodying words like "floating, gliding, buoyant..."?

Can “Earth” and “Sky” connect from my feet to the crown of my head? Can I use rhythmic sounding to ground myself?

Rhythmic movement:

Can I let my body discover its natural rhythmic movement by allowing my bones, my fluids, my organs, to dance me?

During any activity:

Can I use Alexander Technique “directions”:

...allow my neck to release, my head go forward and up?

...so that my back can lengthen and widen?

...so that I can widen across my shoulders and upper arms to my elbows, free my wrists?

...so that I can release my legs from my hips to my knees, free my ankles?

...let my jaw, eyes, hands & feet be soft, open and relaxed?

Self explorations:

Where exactly are my joints? my skull-spine joint, my hip joint...

Have I been “mis-mapping” my joints?

Can I bend like a “monkey” from my hip joints?

(see Barbara Conable's book, *What every musician needs to know about the Body*)

How am I supporting myself in activity ...

...sitting at the computer, or piano, or dinner table?

...during playing other musical instruments or using tools?

...during standing, lifting and carrying?

Can I pause in activity and “inhibit” my habitual postures and ways of doing things and then find more spacious movement?

Can I “inhibit” my “end-gaining” and become more conscious of “the means whereby” I do things?