

Mardi Crane-Godreau and Peter Payne  
One Medical Center Dr. Lebanon, NH 03765  
Phone: 603-653-9972  
E-Mail: Deborah.J.Shinnlinger@dartmouth.edu  
Margaret.A.Crane@dartmouth.edu or  
Peter.Payne@dartmouth.edu

## Embracing the Earth

This is the complement to Drawing Down; you take in the powerful supportive energy of the earth.

Start with your feet a bit wider than shoulder width.

As you *breathe in*, let the hands come up close to your body, palms in, and up and out spreading out palms out towards the sky on each side.

Continue in a big embracing motion out and down as you *exhale* and begin to sink into a deep squat (as deep as feels safe and comfortable).

With a big scooping movement *inhale* and feel that you embrace the power and solidity of the planet!

As you start to rise, continue to *inhale*, and feel that you are holding in a big ball the whole mass of the earth, and bring it in towards your belly.

As you come all the way up to straight, *exhale* and press this ball of power into your lower belly and feel it filling you all the way through to your lower back, sacrum and buttocks, so your whole lower body is full of strength.

Pause and breathe into your lower body a few times, feeling yourself fill with power, solidity, and nourishing energy.

Repeat at least 3 times, better 9 times, 27 is wonderful!