

DR. TIMOTHY DUKES

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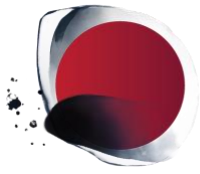
## Deep Rooted Meditation Practice



Find a comfortable standing position.

Notice your feet planted firmly on the floor.

Notice your breathing, as the breath comes in and goes . . . .



Your body expands and contracts.

Your legs, your feet, and the ground you stand on,

Solid and connected to the earth.

Become aware of the weight of your body, notice how gravity pulls you downward — easily and smoothly.

Bring your attention gently to your feet,

Ever so slightly press down with your heels.

Your legs engaging with the energy of the Earth.

Notice as this energy begins to flow, perhaps it rushes through them.

Notice the contrast between tension in your legs and the energy that now flows through them.

And soften and relax.

Begin to become aware of the base of your spine, your first Chakra.

Notice a subtle current of energy beginning to run from the first Chakra, down your legs and into the earth.

Allow this current of energy to flow down as we move upward.

Feeling the weight of our body allow your awareness to build around the base of your spine.

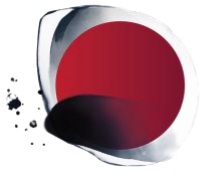
Notice how your entire upper body rests naturally in the cradle of your hips.

This is the first Chakra, the area we will return to again and again whenever we have a need to ground.

Explore this area of your body, knowing you can always find your way back, your ground, and your rightful place on this earth.

Now, when you are ready, begin to integrate the rest of your body into grounding.

With a gentle awareness of your stomach, back, chest, shoulders, throat and neck, head, arms, and hands allow a sense of balance, and alignment, a unified, central, channel of energy moving throughout and resting deeply upon the first Chakra.



This vertical column of energy, perpendicular to the plane of the Earth's surface, a rich and vibrant deep red cord of energy running now from far above your head.

Down through the body and into the ground, down to the center of the Earth.

Through sand, clay, fields of water, rock, and molten magma to the very center of the Earth.

A rich energy, welcome, received, and pulled down into the deep center of the earth.

Rooting you and all your subtle bodies into the Earth. Like the deep roots of an ancient tree expanding deep, ever expanding down and into the depth of the Mother Earth

Allow your body to microscopically sway from side to side and front to back, beginning a circular motion over and around and through the first Chakra.

Let the movement be downward and allow any excess tension or discomfort you may be feeling to ground.

Allow a stillness to return to your body as you allow the rich and vibrant energy of the earth to rise through this channel, this root structure.

Up through the magma, rock, fields of water, the clay, the sand and through the foundation we stand on up through the very soles of your feet.

Entering your body and filling the legs, the hips, pelvis and flowing up and out the top of your head, down the arms and out of the palms of your hands and flowing down and around the entire body.

A virtual fountain of energy.

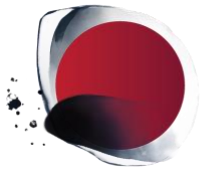
Rich dark and vibrant earth energy.

### Repeat

This is our basic grounding exercise.

### Reference

Written by Timothy P. Dukes and inspired by Judith, Anodea. (1996). *Wheels of life: A user's guide to the chakra system*. St. Paul: Llewellyn. (Pp. 96-97).



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Image courtesy of: [Omar Ram](#)

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*