

EARTH IN THE GARDEN ~ KATE VOGT

Find a comfortable seat in your garden and pick up a small amount of soil. Hold it for a moment before returning it to the ground.

Relax the backs of both hands onto your thighs. Close your eyes and relax your face, hips and feet. Take 7 to 10 calm, slow, calming breaths. As you do, imagine that you can grow roots into the earth beneath you. At the same time lengthen your spine upward and balance your head lightly atop it.

Now imagine the roots getting stronger as you release tension across your shoulders and chest. Take another 7 to 10 smooth breaths. Inhaling, visualize the earth's nutrients and minerals in your bones. Exhaling, release the muscles away from the bones, all the way from head to toe. Feel yourself supported by the earth. Notice if you are holding yourself up away from that support; and consciously let go. Sit quietly for several minutes. Allow any thoughts or feelings to be absorbed into the ground. Surrender yourself in the way a plant does. All that you need, you have.

After a couple minutes, gently draw your attention back to your breath. Bring your palms together in front of your heart and bow your head. After a few moments, release the backs of your hands onto your thighs. Slowly lift your head up and gently open your eyes. Stand up, knowing that you are fully supported by the earth beneath you.

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