

Four Simple Meditations

**dedicated to the victims
of the Camp Fire**





**My heart is with you,
California.**

**To my friends in Butte County.
To the first responders.
To those who have lost everything.
To those whose hearts are hurting.**

Let's Get Grounded

I live minutes away from where the Camp Fire has been burning in northern California. Watching our community suffer through this tragedy has been difficult, to say the least. I've found myself experiencing a vast range of emotions and an occasional sense of numbness, shock, and disconnection from my body.

One thing that has been helping is to meditate each day and to get grounded: to feel my feet on the ground, to notice my breath, and to release tension.

Included in this PDF are four simple meditations with information for each one about how to position your body, where to focus your attention, and a mantra to repeat either in your mind or aloud. The task is simple: position your body, find stillness, and then focus inward. There's really no "wrong" way to do these. I recommend 3-5 minutes; if things are hectic, you could even do one of these while waiting in line at the grocery store or riding in the car as a passenger.

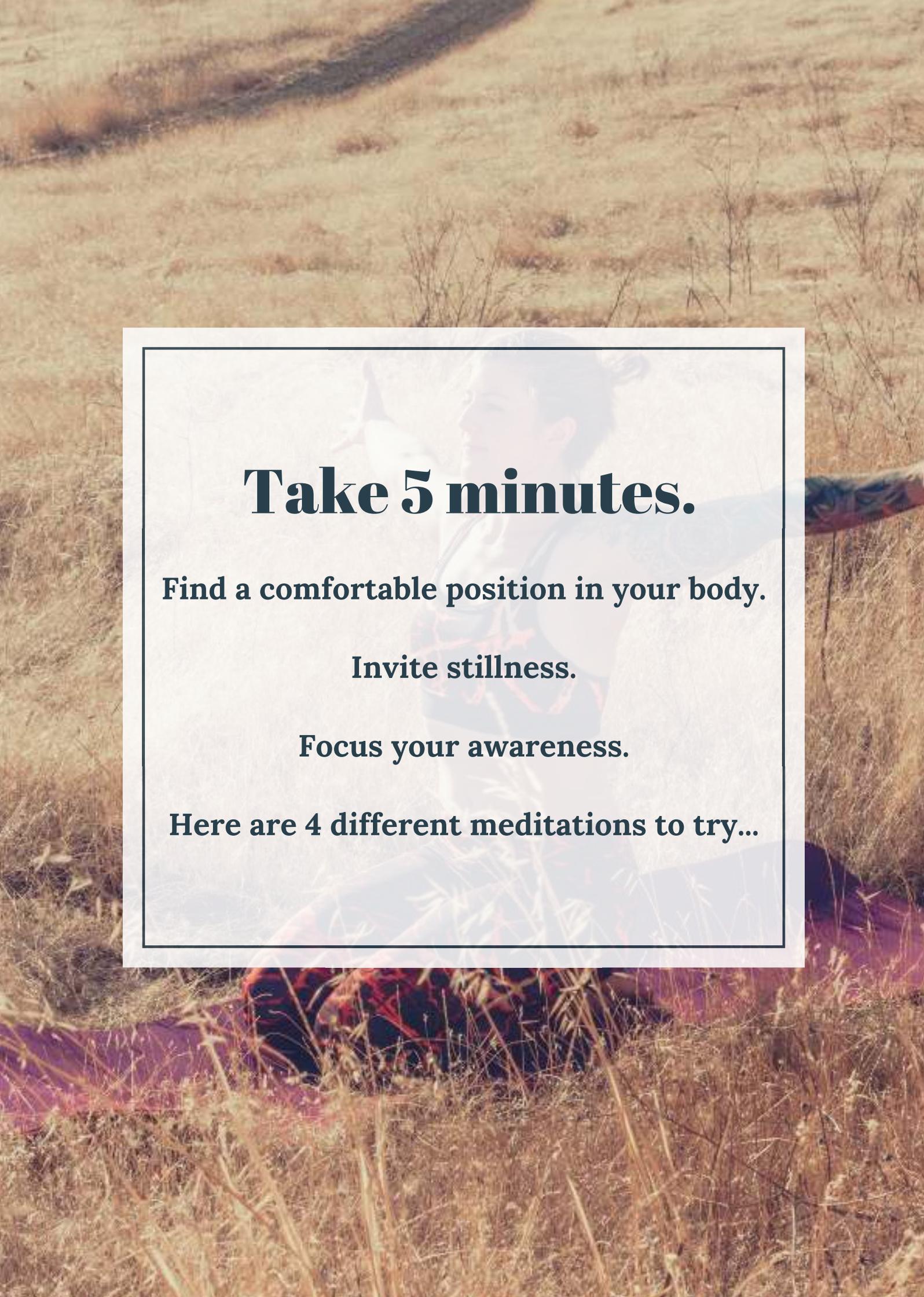
The goal here is self-care. Think of each of these meditations like a little "reset" button for your day. Whether you've been going through a crisis situation like a wildfire, you're supporting friends or family members who have gone through it, or perhaps you're just going through a hard time emotionally, these are tools you can add to your toolbox to help you.

Take five minutes for you. Tap into your strength and into the amazing energy that's held in your body. Trust what your body is telling you, and know that relief is on the way.

Wishing you peace and strength! As always, if you have any questions or want more information, please feel free to reach out to me (aliveinthefire@gmail.com).

Note: these are simplified versions of the meditations. For more information and more detailed descriptions, visit:

<https://www.aliveinthefire.com/blog/groundedinmeditation>.

A woman with her eyes closed and hands resting on her knees is meditating in a field of tall, dry grass. She is wearing a dark top and a colorful patterned skirt. The background is a vast, open field under a bright sky.

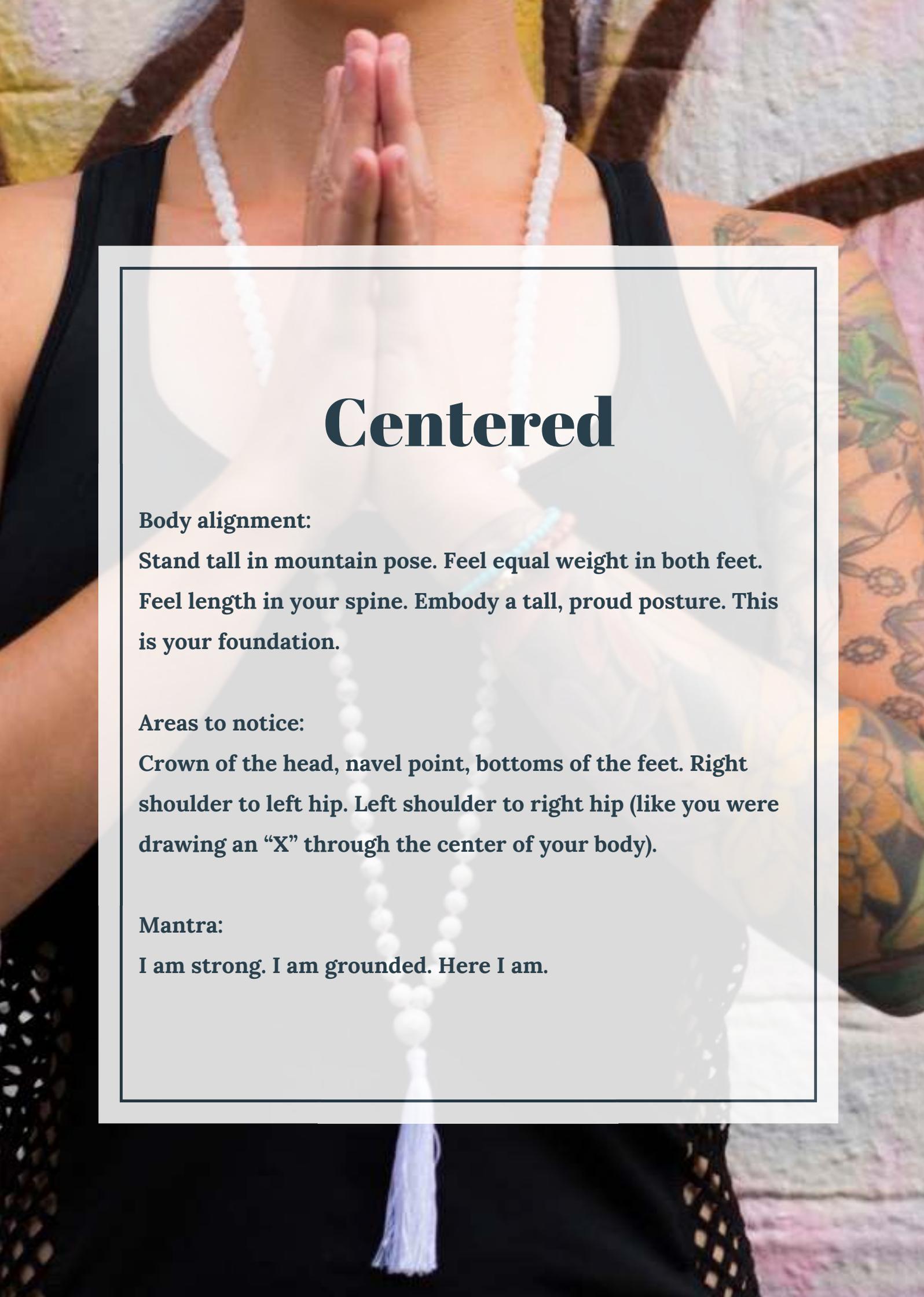
Take 5 minutes.

Find a comfortable position in your body.

Invite stillness.

Focus your awareness.

Here are 4 different meditations to try...



Centered

Body alignment:

Stand tall in mountain pose. Feel equal weight in both feet. Feel length in your spine. Embody a tall, proud posture. This is your foundation.

Areas to notice:

Crown of the head, navel point, bottoms of the feet. Right shoulder to left hip. Left shoulder to right hip (like you were drawing an “X” through the center of your body).

Mantra:

I am strong. I am grounded. Here I am.



Relaxed

Body alignment:

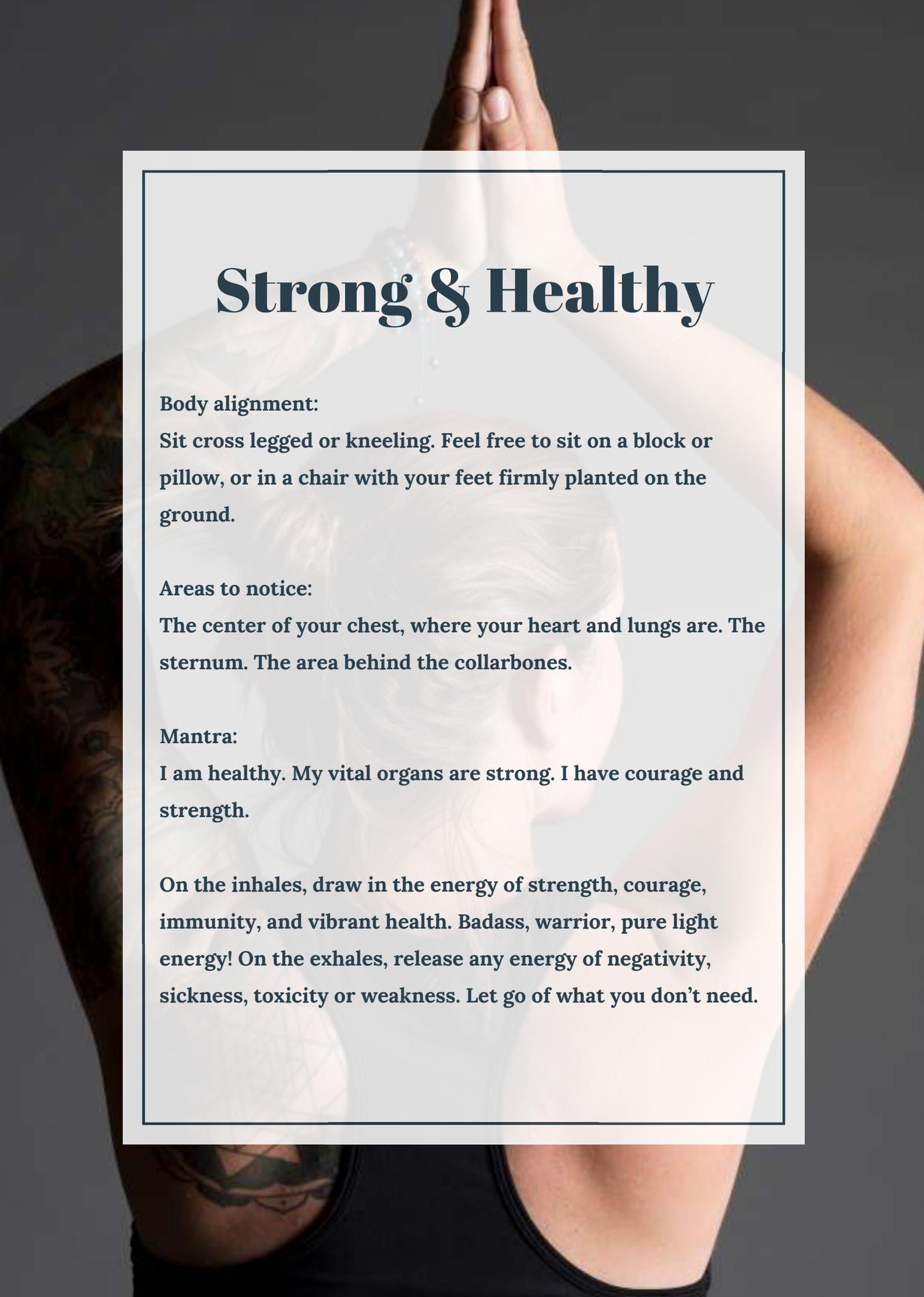
Sit comfortably or lie down. Relax your neck and jaw completely. Place your palms face down.

Areas to notice:

Any area of your body that's connected to the ground. Let yourself be heavy. Let any negative, stagnant or distressing energy seep out of you and into the ground.

Mantra:

I am letting go of all heartache and struggle. I surrender. I release all pain from my physical body. I cannot carry this; I release it. Though pain may return, I release what I can right now and give it over to the earth.



Strong & Healthy

Body alignment:

Sit cross legged or kneeling. Feel free to sit on a block or pillow, or in a chair with your feet firmly planted on the ground.

Areas to notice:

The center of your chest, where your heart and lungs are. The sternum. The area behind the collarbones.

Mantra:

I am healthy. My vital organs are strong. I have courage and strength.

On the inhales, draw in the energy of strength, courage, immunity, and vibrant health. Badass, warrior, pure light energy! On the exhales, release any energy of negativity, sickness, toxicity or weakness. Let go of what you don't need.

A woman with a tattooed arm and a serene expression, looking upwards against a bright sky. The image is the background for the text overlay.

Compassionate

Body alignment:

Sit comfortably. Sitting on the floor with a wall behind you may feel supportive, or even having your legs long in front of you or wide in a straddle stretch.

Areas to notice:

The chest and upper back. Your ribcage. Also, the hips.

Mantra:

I feel my heart beating. I feel the life force energy within me. I am connected, loved, and safe. I have gratitude even while I am struggling. I am cared for by my community.



My heart goes out to you.

**Lifting you up, Butte County friends.
One day at a time, one hour at a time,
one meditation at a time...
we will get through this.**

Rachel Koontz

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Photos by Angelo Hilton and J. Baker