



Energy Matters Workshop  
In partnership with Alberta Ecotrust

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**Walking Meditation for Grounding and Listening to the Earth's Pulse**

Stand with feet about shoulder-width apart. Shoulders relaxed, soles of the feet connected to the earth, knees a little soft, palms at the sides. Eyes are in soft focus, seeing everything.

Posture

Adopt a natural stance. Bring your attention to the soles of the feet. Imagine that you are growing roots down into the earth. Let the roots be your anchoring to the earth.

Since the soles of the feet let the energy of the body sink into the soles and roots.

The knees are a little soft to promote circulation.

Shoulders are relaxed. Palms of the hands relaxed.

Visit your heart and allow a very pleasant memory to emerge.

Visualize and light up your spine travelling from the tip of the tailbone, vertebra by vertebra up into the skull.

Imagine a golden thread shooting out of the crown of your head to a distant star.

Imagine that the upper part of your body is floating suspended from a star. Try to balance the feeling of the lower body rooted to the earth and the relaxed floating sensation of the upper body.

The chin is tucked under a bit to help align the spine.

Try to bring your body into this alignment at different times of the day whether you are sitting, standing or walking. Now repeat this affirmation: With each step, I feel the earth holding me, supporting me, sustaining me. I am simultaneously slowing each breath.”

Thank you for joining me in this guided practice.