



Sasha Bezrodnova: Practice of Grounding: Using Gravity to Land  
Into the Here and Now and Feel Supported



Sasha is a Bodymind Gestalt therapist, social psychologist, #dragondreaming practitioner and popular speaker on topics of embodiment, movement in Nature, underwater dance, emotional freedom, and deep listening.

Deepen your relationship to grounding while improving your wellbeing and connection to the present. Through guided instruction of whole body sensing, allow gravity to provide a sense of support, alignment and connection.

**TOP EMBODIMENT TIP:** Look for joy in any little pleasant sensation in your body; even a small feeling of pleasure can expand into more joy

Our Power as Human Beings:

**We have the freedom to decide how we organize our perceptions. Our reactions are based on our perceptions.**

What is Attention?:

**he decision that some information is valuable** (what we see, touch, think) and this information **changes your posture and how your body feels when you open your perception.** For example: Is the world dangerous or safe? How does this change your posture?

Our Relationship to Gravity

- **The earth is attracting me, how does this feel?** An expression of love with the Earth saying “Come to me”. Our relation to the Earth’s call can be accepting or rejecting.
- When we expand our perception towards the center of the Earth, rather than receiving support from the Earth’s surface, we find deeper support and connection
- The support of gravity is not a memory, but **happening now in this very moment**
- Alignment of the body can be likened to solstice

Reinforce a Sense of Grounding

- **Establish a connection with gravity through imagery.** Examples include: connecting to the Earth’s core, embodying the energy of a waterfall, alignment of body structures, etc.
- **Increase sensation,** such as: touch, massage, shaking, humming, tapping, breathing, and sound.

Resources

- ❖ **Website:** <https://bodymyhome.com/>
- ❖ **Social:** [Facebook: Sasha Bezrodnova](#)
- ❖ **References:** [oceandance.net](http://oceandance.net)



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