

Grounding Practice for Emotionally Sensitive People

Many of us sensitive folk are highly affected by the moods and experiences of others. It's common to take on the worries of a spouse, feel frightened by our boss' anger, or get overwhelmed by all the people in a shopping centre.

The body is a symbol of our separateness from others. Energetic theory dictates that we are bigger than our bodies. This may be why we feel uncomfortable when someone stands too close to us or how we sense someone slipping silently into the room, even when our back is to the door. If we move far enough out of our bodies, we enter a shared space with others.

A few simple movements can draw us back into the safety of our own physical space. Coming home to the body makes us more energetically aware of the protection of our skin, muscles, and bones. In other words, you have your own physical experience of this world, separate from anyone else's. Remember that the same is true for emotions, perspectives, and ideas. Your experience is your own.

You have the right to what is true for you. The other personalities, energies, expectations, judgements, or opinions are outside of you need not dictate your internal state or your external reactions. While it's best to check in with ourselves and see where there is truth in another's experiences, we need not take it on. When the external influences seem too strong, step away. No one will begrudge you a bathroom break; simply excuse yourself and go behind a locked door to do the following simple practice. This is your time to come back to yourself before going any farther. Enjoy it.

1. Find your feet. Connect feet to the perineum via the legs.
2. From your feet, legs, and perineum, layer in your breath. Feel the filling and releasing of inhales and exhales in your pelvis, abdomen, chest, and back.
3. Link movement to breath. The next time you breathe in, raise the arms out to the sides (or if you are in a public stall, out the front) and up.
4. The next time you breathe out, stretch the arms out to the sides (or front) and down. Continue lifting and lowering for a few more breaths.

This permission to take up more space, linking movement and breath, and feeling the support of the ground are all reminders that bring you back to your Self. You have a right to be you. Use this grounding practice any time you wish to be less permeable to others' emotions/energy and come home to the safety of your body.