DAWN Giulietti

Being Held: Inner Anchors – Outer Resilience

An embodied experiential in how to stay centred and true to you, for grounding and expansion and especially amid the current chaos of the world.

Information:

Repetition and practice develops, anchors and embodies our experience into our physicality, our cellular memory and our brain's neural pathways.

Through doing the same thing with mindfulness and intention, we are teaching our brain, our body, our nervous system that this is the way we work and to imprint this within our cells and create new neural pathways, replacing the old, so that this becomes our new natural way of being, our default.

Attachment & Attunement

Our childhood and growing up has a major part to play in feeling inwardly secure and outwardly resilient. If we have experienced being continually seen and met and have felt safe in our environment, our psyche and senses learn to take this as a given, that all is well with me and the world and over time it internalises inside of us as a norm. A secure inner base of feeling safe, held, centred, the foundation and springboard in believing: I Am and I Can.

- **Boundaries Exercise:**

Claiming our space and setting our energetic boundaries:

Stand up and stretch your arms out in front of you, with your palms facing outward. And then mindfully feel all the way around you moving and waving your arms and hands – in front, above, below, behind, to the sides – imagining like an egg-type shape around us as we do this.

This is our energetic boundary. Just notice what it looks and feels like - does it have a colour, texture, energy, vibration, frequency, a sound?

Then with your hands and palms, gently sensing and pushing, see if you can feel the difference between the energetic sense of you and where we meet the energy that surrounds us.

It might feel like a force or resistance sensation, or just different to the feeling of our own energy.

- **Working with Someone Else**

Working with someone else is really helpful. By asking someone to stand away and then gradually walk towards us, we can tune into ourselves and this field and be able to sense when they are coming into our space. The energy around us changes. We might feel a pressure change, energetic movement, a visceral feeling inwardly, even a sense that this person is right on top of us!

A good way to really check if we are owning and holding our space is to ask them to stop or put our hand up when we feel uncomfortable. The closer someone is to us, the less space we are allowing ourselves to occupy. Here there is work to do in being mindful, intentional, honing and reclaiming our energetic boundary.

- **Internal Anchor Exercise - Visualisation:**

Let yourself get comfortable, close your eyes, relax and take some nice deep breaths in and out through your nose. On the outbreath just let your shoulders and tummy drop. Then bring your attention to the soles of your feet and imagine lovely strong roots growing deep deep down into Mother Earth, keeping you safe and grounded. Really feel that beautiful magnetic pull.

I want you to think of a place, or a person, or allow something to naturally come to mind and trust that, that makes you feel really safe, comforted, secure. Somewhere that you feel held, that all is well and you are ok.

It could be a real place or something in your imagination. I want you to bring it to mind fully, really bring it to life as if you are there now and notice everything about it – make it as vibrant and clear and real as you can:

Where is this place, where are you in it, what is surrounding you, what is the atmosphere like, how does it make you feel, what sensations are there, what can you see, hear, feel, smell, taste even.

Spend some time in this place and feel your body centre and calm – keep mindful that this is your safe place and this is what is being infused in your cells and being.

- **Anchor in your body:**

Being in this safe place, where do you feel the energy in your body – place your hand there (this anchors it bodily too). Now see if you can imagine it has a shape, trust what comes, the texture and energy of it, notice if it has a colour and imagine it like a light, really feel into it – let this energy and light be as clear and as bright as you can and shine it outward, let it radiate from you, allow it to be as vibrant as possible and really viscerally feel the energy and security it has inside of you. If it could speak, what would it say, what is it expressing?

This is your inner anchor – your energetic, cellular, innate centre inside that you can turn to, hold on to, depend upon and is eternally there.

Transitional Object

(This is something that you can easily hold, keep and carry around. It needs to be something that represents or reminds you of feeling safe, secure, comforted and held so that you can use it when you need to feel reassured and remind yourself of the feeling of being ok - as something you can reach for, touch, have with you and hold. Examples might be a crystal, a stone, a soft toy, a keyring, a soft ball or piece of material.)

- **Transitional Object Exercise:**

Hold your object in your hand and place your other hand on your body where you feel the anchored energy of being safe and held - keeping in mind that essence, shape, colour & felt experience.

Focus on your breath and gently breathe the anchored energy throughout your whole body and then – using your breath and intention, direct the energy further into the object in your hand. See your object filling up fully, to the brim, holding and containing this beautiful energy.

Know that you can fill it at any point with touch and intention and breath.

So now whenever you hold or have that object with you, you know it holds & reconnects you with the essence of feeling secure and anchored inside.

Further Information:

Feeling Held

This is another practice that you can at any time to feel held, regroup and to centre.

Put one hand on your heart and one on your solar plexus, ribcage, or sacral, or in between both. Apply a little pressure so that you can feel your hand on your body. This gives us the somatic, felt sense of being held. Really tune in to how it makes you feel to embed it and with it have a mantra or affirmation, something like – “I am ok, I am safe, I am held, all is well.”

Grounding

Grounding is always one to help you feel embodied, secure and held. There are many ways to ground: imagining roots from your feet into the earth, mindful walking, walking barefoot in nature, on the ground or in water, using your breath, grounding bracelets, blankets, other objects, these embodiment practices and also mindful intention, to name a few.

Intention

It really is our intention and belief that creates this experience for us. All of the things that we use, or visualise, imagine, are all fuelled by our intention. The more we practice this, the more it becomes second nature, internalised within us, that we intend to be safe, secure, held, protected.

Homework:

Practice and repeat: keep bringing to mind the safe place throughout the day, when you wake, when you go to bed – imagine the forcefield around you, revisit the visualisation, use the words that came to mind and hold the intention that you are safe, held and protected and you have your transitional object for something physical to hold. Repetition and practice develops, anchors and embeds our inner experience.

Write, draw, paint, sculpt your safe place and the energy it has as a visual reminder.

Draw yourself with your energy centre and the energetic boundary around you and keep it somewhere you can see it.