

Grounding Meditation Script

A short, practical grounding practice for acute overwhelm. Eyes can stay open, it works standing or sitting, and nothing in it requires privacy.

8 min · 4 segments

Eight minutes, four segments. Written to be usable in a corridor, a car park or a bathroom — the places people actually are when they need it.

BEFORE YOU RECORD

- Quicker and clearer than a normal meditation — someone using this is not relaxed, and a slow dreamy delivery is unusable to them.
- Never require closed eyes. Every instruction has to work with the eyes open.
- Keep pauses under 15 seconds throughout. This is a task, and the task is what grounds them.

01. Wherever you are

45 sec

[brisk and practical, almost businesslike — this is not the moment for a soft voice]

You don't need to sit down, close your eyes or find somewhere private. This works standing in a corridor, in a car, or at a desk with people around you.

Keep your eyes open. We're going to use the room you're in, so you'll need it. *[pause for 5 seconds]*

02. Feet, seat, hands

2 min

[three points of contact, each named and then given a moment — keep it moving]

Start with your feet. Press them into the floor — properly, so you can feel it in your legs. Hold it for a few seconds. *[pause for 10 seconds]*

And release. Notice the floor is still there, holding you up, and has been the whole time. *[pause for 10 seconds]*

Now your hands. Press them together, or grip the edge of something — a desk, a chair, your own arms. Squeeze for five seconds. *[pause for 10 seconds]*

And let go. Feel the blood come back into them. *[pause for 12 seconds]*

03. Name the room

3 min 30

[this is the core — make them actually look, and leave enough time to find each thing without letting the pace sag]

Now we're going to use your eyes, because looking at real things is one of the fastest ways back.

Find five things you can see. Not a glance — actually look at each one. Notice its colour and its edges before you move to the next. *[pause for 30 seconds]*

Now four things you can hear. Take the far ones as well as the near ones — traffic, a fan, someone talking two rooms away. *[pause for 25 seconds]*

Three things you can feel against your skin. Clothes, the chair, air on your face. *[pause for 25 seconds]*

Two things you can smell, even faintly. And one you can taste. *[pause for 25 seconds]*

Everything you just listed is here, now, and none of it is the thing you're worried about. That's the point of the exercise.

04. One breath, then back

1 min 45

[end practically — they have somewhere to be, and pretending otherwise wastes the work]

One breath now. In through the nose, and let the out-breath be longer than the in. Just one. *[pause for one full breath]*

Roll your shoulders back once. Put your feet flat again. *[pause for 10 seconds]*

You can run this on your own in under a minute once you know it — feet, hands, five things you can see. That's the whole thing, and it works without headphones.

USAGE

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