

A close-up photograph of three purple mushrooms with gills, growing on a mossy log in a forest. The background is a soft-focus green forest scene. The text 'Recharge with Earth's Energy' is overlaid in a black, cursive font on the left side of the image.

*Recharge
with Earth's
Energy*

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Deep Root Connections*

The Deep Root's Method to Recharge with Earth's Energy

Introduction

I don't know about you but I certainly can't sit still for 5 minutes, with my eyes shut and not have a thought pop in my mind. The idea of "meditating" is BORING! The first time I "meditated", I sat down, shut my eyes and made it a whole ten seconds before I got distracted. Yup...that wasn't going to work.

How did I break through that and get to the point where I can sit still long enough, quiet my mind and connect back to myself? Let me show you...

By following the Deep Root's Method you'll learn:

- Optimum alignment-breathing methods
- Achieving a state of meditation without meditating
- (you don't have to sit, cross-legged, ring bells, or say "ohm" ... yay!)
- You'll tame that monkey running around your mind wreaking havoc and
- Open a gateway for messages from your animals to flow in

The first and most important step is to take a mindful walk.

Each step can be done independently or wrapped up all together. I'm giving you tools here on how to settle in to your body and feel the world around you.

Steps:

- Step One: Aligning your Breath
- Step Two: Mindful Walking
- Step Three: Sitting Spot





Step One:

Aligning your Breath

5-10 Minutes

- As you sit here reading this notice how you are breathing. Is it in your chest, your shoulders? Are your breaths shallow and short? If so, you are in fight or flight mode, most likely caused by the stressors of the day.
- We want to try and bring that breath down into your abdomen. This takes time and conscious effort but a key component to calming the mind.
- I'm sure you've heard this before but, take a deep breath in through your nose, hold it for a count of 3 and release through your mouth, slowly, deeply to the count of 3.
- Repeat 3 times focusing on filling up your abdomen. This takes time and practice so be patient with yourself as you learn.
- How did that go? How do you feel?
- If you still feel unsettled try it again but this time shut your eyes.



Step Two: Mindful Walking

5 Minutes-1 Hour

Take as much or as little time as you wish

minutes

Now that you've settled your mind it's time to take a short walk, barefoot is always recommend but not required.

LEAVE YOUR PHONE AT HOME or in the very least, turn it on airplane mode so you won't be distracted, but please refrain from looking at it.

I suggest wearing comfortable clothing

Go somewhere you enjoy walking or hiking or simply walk out your front/back door. Somewhere familiar and easy to access is perfect.

How to take a mindful walk:

- Once you have chosen your location for this activity and are ready to begin, as you stand, feel the weight of your body and feet pressing against the ground.
- Shut your eyes for a moment and bring your awareness to the top of your head, down your spine to your shoulders and work your way down slowly to the bottom of your feet.
- Open your eyes and take 3 deep breaths in and out.
- Begin your walk, slowly. This isn't a race and I encourage you not to wander far. Think of this more as a gentle stroll.

A person wearing a blue raincoat and a backpack is walking away from the camera on a rocky, outdoor path. The background is slightly blurred, showing trees and a natural setting.

Step Two: Mindful Walking Continued...

minutes

- Pick a direction and begin your stroll. If you find that your mind starts to wander, feel your feet on the ground.
- Expand your awareness to all of your senses.
- What do you hear? Do you hear birds? Traffic? Leaves rustling?
- What do you see? What colors stand out to you?
- What do you smell? Green grass? Fresh rain?

I encourage you to look at the nature around you even if it is a single tree or a rock in someone's landscaping. Take a good, long look at it. What pops out to you that you may have missed before? Notice the details and if you can feel the subject, do so.

If you are in a neighborhood and nature is "scarce", you may have to try harder but I promise, if you look, nature is everywhere.



Step Three:

Sitting Spot

5-20 Minutes

- Find somewhere comfortable outside.
- This can be in your front or backyard, a park, wherever you have access to.
- Take a seat, preferably on the ground but in a chair works too.
- Do your breathing exercises and settle in.
- I recommend shutting your eyes for this exercise to begin with.
- Now feel the weight of your feet or body on the ground.



Step Three:

Sitting Spot Continued...

Listen:

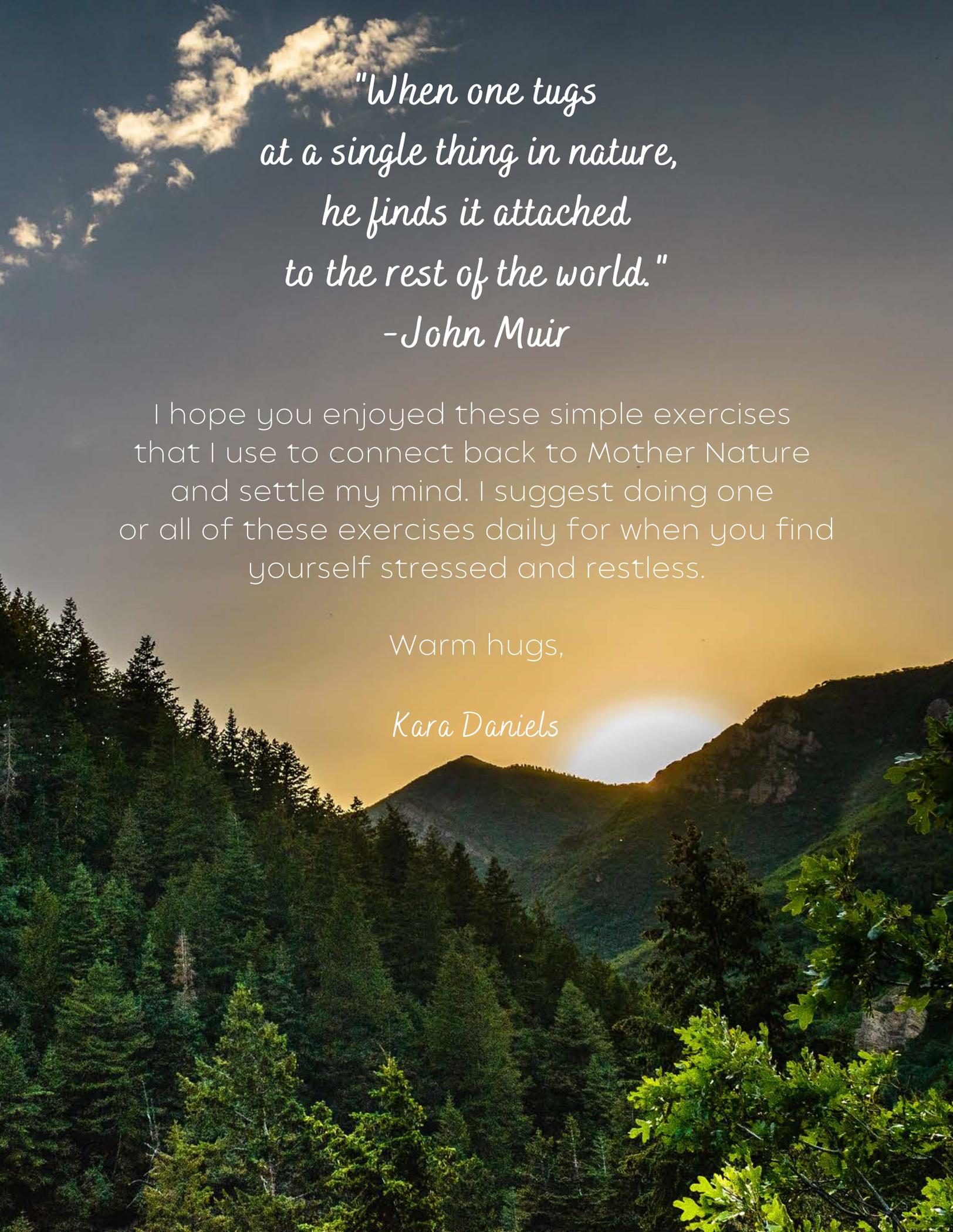
- What do you hear? Do you hear traffic? Sirens? Leaves trembling?
- Acknowledge the noises made by humans but don't hold onto them, let them go.
- Focus in and try to find a sound made by something in nature. Can you hear a bird chirp? Or nothing at all?

Feel:

- What does the air feel like? Is it cold? Warm? Damp?
- Is there a slight breeze or is the air still?

Smell:

- What does the world smell like? Can you smell the fragrance of a nearby flower or the coming of a rainstorm?



*"When one tugs
at a single thing in nature,
he finds it attached
to the rest of the world."*

-John Muir

I hope you enjoyed these simple exercises that I use to connect back to Mother Nature and settle my mind. I suggest doing one or all of these exercises daily for when you find yourself stressed and restless.

Warm hugs,

Kara Daniels