



There's no limit on how often you perform this exercise. One client reported using it with noticeable improvement whenever he felt ungrounded. See what happens for you.

1. Bring your hands together. Together, they represent all of you.
2. Now, have your right hand represent the part of you seeking approval, love, and acceptance from others. Move your right hand slowly away from your left hand. As you do this, notice the space between your hands. The left hand is hanging there, representing the part of you that senses something is missing.
3. Now, continue to notice the space between your right hand and your left hand.
4. Consider how it feels to have gone that far away from yourself.
5. Now, slowly see what happens when you move your hands together. Be certain to move slowly.
6. How does it feel to come back to yourself?
7. Journal on your experience.