

GROUND to Reconnect to the Timeless Wisdom of the Body

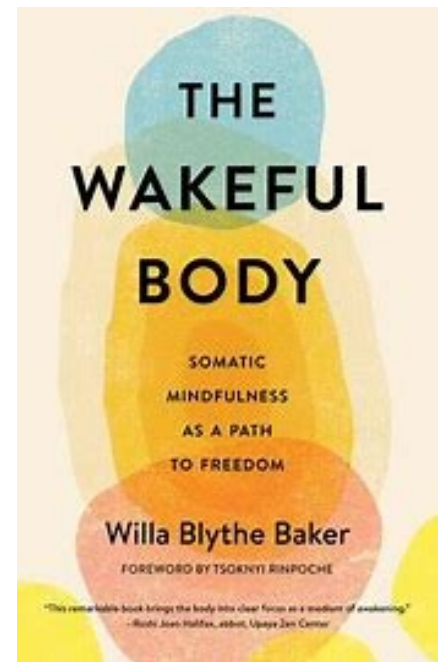
GROUND uses keywords to remind you how to reconnect to a sense of being in your body, on the earth, in the present moment. Using this acronym as a mnemonic allows you to enact the principles described in Lama Willa Baker's book, *The Wakeful Body*, on the spot, or in a single short session, returning you to the body and its wisdom while at work or at home, or wherever you happen to be.

GROUND stands for: **G**round, **R**elax, **O**pen, **U**ntangle, **N**urture, **D**issolve

Keyword	Description	Dimension of embodiment	Sanskrit term
Ground	Sense the heaviness and groundedness of your body. Remember that this earth is a resource.	Physical body "Earth body"	<i>nirmanakaya</i>
Relax	The sense of the earth within can help you loosen up and let go.		
Open	Open your senses and become receptive to everything that you are feeling.	"Subtle body" Energetic body	<i>sambhogakaya</i>
Untangle	Notice, befriend, and clear the memories & traumas held in the subtle body as energetic blockages & knots	Emotional/ feeling body	
Nurture	Attend to the knower of your experience, an awareness that is simple, clear, nonjudgmental, present, and not separate from what it knows.	"Truth body" Sky-like awareness	<i>dharmakaya</i>
Dissolve	Allow the separateness between mind and body to melt into a single taste.	Essence body Integration body	<i>svabhavikakaya</i>

Scan this QR code to access free guided meditations by Lama Willa from *The Wakeful Body*

<https://soundcloud.com/shambhala-publications/sets/the-wakeful-body-audio>



Book citation: Willa B. Baker (2021). *The Wakeful Body: Somatic Mindfulness as a Path to Freedom*. Shambhala Publications.