



Meditation for Grounding and Presence

Rooted in Who You Are: A Grounding Meditation for Jewish Educators (Seated Version)

Get Comfortable

Find a comfortable seated position. Let your hands rest gently in your lap or on your knees. Let your spine be long, but not stiff. Feel your feet on the floor. Notice the points where your body touches the chair or the ground. Take a slow, deep breath in through your nose... And exhale gently through your mouth. Close your eyes if that feels safe, or just soften your gaze.

Grounding Like a Tree

Now begin to imagine yourself as a tree. Your back is the trunk—strong and steady. Your feet are connected to the Earth. From the soles of your feet, imagine roots growing down into the ground.

These roots reach deep—through soil, around stones—grounding you. With every exhale, imagine stress or tension flowing out of your body, down through your roots, and into the Earth. The Earth is ready to receive it. Feel your shoulders soften. Feel your face relax. Let your belly rise and fall with your breath.

Connecting to Your Ancestors

As your roots grow deeper, imagine that they begin to connect with other roots—those of people who came before you. Your ancestors. Teachers, storytellers, justice-seekers, caretakers. Even if you don't know their names, you carry parts of them in you.

Feel their presence in your body. Maybe one brings courage. Maybe another brings love of learning, or kindness, or resilience.

Ask yourself: *Who am I? What do I carry with me into this space?* It could be a value, a question, a tradition, or simply your presence.


Take a moment to honor that.

Breathing in Light

Now imagine with every breath in, your roots draw in calming, healing energy from the Earth. That energy rises up through your feet... Into your legs, your core, your heart, and your head.

You are being nourished from below and warmed from above by the sun. Your branches (your arms, your ideas, your heart) stretch out into the world.

You are both grounded and open.



Box Breathing*

Inhale for a count of 4...
Hold for 4...
Exhale for 4...
Hold for 4...
Repeat this 3–4 times at your own pace.

When you're ready, gently bring your attention back to the room. Wiggle your fingers or toes. Open your eyes if they are closed.

Notice how you feel.

Carry this sense of calm, connection, and rootedness into the rest of your day.

Take some time to answer the following questions:

- What identities shape who I am?
- What experiences have shaped the way I engage with Jewish community spaces?
- How do I influence the spaces I enter?

*Why Box Breathing?

Box breathing can help calm the nervous system, reduce stress, anxiety, and depression. It also can increase focus and mental clarity. I like to do it before bed if I have trouble sleeping. As a variation you can change the count to 3 or longer to 5, 6, or higher. You can try silently repeating an affirmation, such as "I feel calm" or "Henini I'm here right now," or visualize the four sides of a box changing color. You can also extend the exhale to an 8 count. The exhale is key to activating the parasympathetic nervous system—reducing heart rate and clearing cortisol even more effectively than a 4-count breath.