



ADAM SIPPOLA  
CROSSOVER

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## A Grounding and Releasing Exercise

The following practice will support you and another (partner, friend, client) to ground and release charge when activation is present.

Time Required: 10 minutes

1. Invite those present to sit with their feet flat on the floor, spines relaxed and neutral, and hands resting on their upper thighs.
2. Take a few deep, slow breaths, allowing tension in the body to release.
3. Take turns slowly naming the sensations you notice where your hands are in contact with your legs (i.e., tingling, warmth, pulsing). Do this for a couple of minutes.
4. After several rounds of slow sharing, take a few more deep, slow breaths, allowing tension in the body to release.
5. Move awareness to your feet on the floor and take turns slowly naming the sensations present there (i.e., heaviness, flow, tightness). Do this for a couple of minutes.
6. Take a few deep, slow breaths, allowing tension in the body to release.
7. Bring awareness to your whole body, noticing the boundary of your skin. Take turns slowly naming sensations in the body, continuing to breathe together. Do this for a couple of minutes.
8. You may repeat this process of noticing sensation, sharing, and breathing as any remaining charge releases.