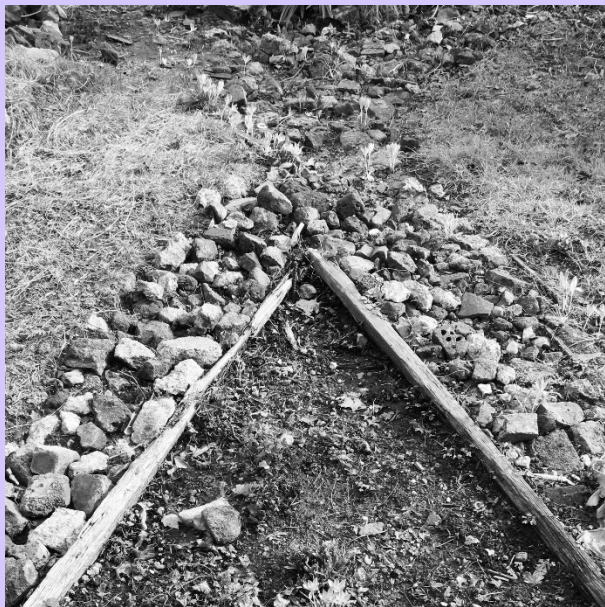


GROUNDING



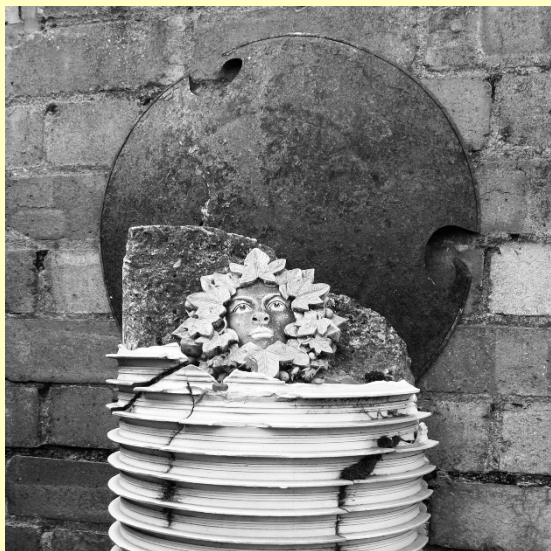
Commit to a moment of pause, wherever you are and however you are comfortable. This might be in stillness or in gentle movement, whatever helps you relax and settle.

Observe your breath passing over the skin of your nostrils, observe the movement of your chest, diaphragm and belly as the breath moves down and through you, up again and out. Notice the edges of your body, the places where you are in contact with the objects, surfaces, or beings around you. What textures do you feel against your skin? How much resistance is there? Do you feel dryness or moisture, heat or coolness?

Sit with those sensations for a while, and if your mind wanders, observe where it went, and bring your awareness back to your bodily sensations. Let your breath be your anchor. When you feel ready to move on, release any sense of effort, take another moment's pause, then have a look through your prompt cards.

#1

BODY



Bring your awareness to the inside of your body. Where do you feel tension or pain? How would you describe its texture - is it stringy, dull, sharp?

For how long have you been accumulating this sensation? If you could trace its story, who and what would you meet along the way? What would you see, hear, smell, touch, taste?

Did these sensations change at all over the course of your volunteering session? Did any new sensations arrive? Did anything lessen in intensity?

Take a moment to consider the ways your body feels different to before your volunteering session.

#2

SCENT



Call in the memory of the scents you encountered today while volunteering. What scents met you as you entered the site? As you passed by your favourite spot? When you met familiar people?

Take a moment to walk yourself through the memory of those scents. Allow yourself to experience what you felt when you encountered them. Were they pleasant or unpleasant? Did they ground you in the moment or summon other times and places?

Take a moment to consider how encountering those scents might have altered your day.

#3

SOUND



Call in the memory of the soundscape at
Crossbones today.

How did it flow through you? What sounds
were you caught up in, and what did you
contribute to the soundscape?

Was there a sound that took prominence
over others? How did those vibrations land
within your body?

Take a moment to remember anything you
might have heard above or below the noise.

Why do you think these sounds have stayed
with you?

#4

TACTILITY



Call in the memory of all you touched at
Crossbones today.

Did those things or beings feel sharp,
rough, smooth, hairy?

Take a moment to remember how long you
were in contact with each of them.

Were they alive, inert, porous, unyielding?

Were they aware that you were touching
them?

Consider what brought you into these
moments of contact. Take a moment to
consider whether any of those moments of
contact left an impact on you, and how.

#5

VISION



Call in the memory of all you saw at
Crossbones today.

What colours and shapes do you
remember? What sense of movement?

Was there anything that struck you with its
beauty, or anything that disturbed you?

Did anything surprise you?

Did anything trigger a shift in your mood?

Consider what captured your attention
today, what you might have looked past,
and why.

#6

COHABITATION



Who was dwelling at the site with you
today, in presence or memory?

Were they human, plant, animal,
elemental, material, immaterial?

How did it feel to be at Crossbones with
them?

Take a moment to consider the tiny and
more significant ways that dwelling with
others at Crossbones might have changed
you.