

THE GRAVITY RESET

Grounding Your Nervous System
When Life Feels Like a Spin Cycle



somatic re·think



The Gravity Reset

Grounding Your Nervous System When Life Feels Like a Spin Cycle

The Whirlwind of the Mind

Have you ever had one of those days where you feel like you're not actually *in* your body? You are moving, you are talking, and you are checking things off your list, but you feel like a balloon drifting five feet above your own head.

This is often a form of "functional dissociation." When the world feels like a spin cycle—too fast, too loud, or too demanding—your nervous system tries to protect you by "leaving." The problem is that when you are not grounded, you cannot make clear decisions, and your anxiety only grows because you feel physically unsafe.

Grounding is not just a "nice idea." It is a biological necessity. Just as an electrical circuit needs a ground wire to prevent a surge, your body needs to connect to the physical world to discharge the surge of anxiety. Today, we are going to stop spinning and start landing.

The Somatic Exercise: The Weighted Root

This exercise is designed to shift your blood flow and neurological focus from your racing brain down to your feet. It uses the physical law of gravity to signal safety.

The Step-by-Step:

1. **Remove your shoes if possible.** If you cannot, simply find a flat surface to stand on.

2. **Close your eyes and imagine three points on the bottom of each foot:** one under the big toe, one under the pinky toe, and one in the center of the heel.
 3. **Slowly rock your weight** between these three points. Feel the texture of the floor. Notice the temperature.
 4. **Visualize heavy, golden roots** growing from these three points, traveling deep into the earth.
 5. **Take a "Gravity Breath."** Inhale for four counts, and as you exhale for six counts, imagine your weight becoming twice as heavy. Let your shoulders drop. Let your hips settle.
 6. **Press your big toes into the ground.** Say to yourself: *"The earth is steady. I am here. I have landed."*
 7. **Open your eyes** and name three physical objects in the room that are not moving.
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The ReThink: From "Spinning" to "Steady"

The Core Concept: The Earth Does Not Move. Anxiety tells you that the entire world is unstable. But gravity is a constant. No matter how fast your thoughts are moving, the floor beneath you is not moving. We must ReThink our panic as a "headwind" and our body as the "anchor."

The ReThink Exercise:

- **The Old Thought:** "Everything is out of control and I am spinning. I have to move faster to keep up with the chaos."
- **The New Reality:** "My thoughts are fast, but the ground is still. I do not have to keep up with the whirlwind. I am choosing to be the heaviest, steadiest thing in the room right now."

Your Turn: What does it physically feel like when you start to "spin out"? (e.g., lightheadedness, fast talking, blurry vision).

Write your "New Reality" script here:

The Workbook: Finding Your Floor

Use this space to inventory your "spinning" triggers and your grounding results.

1. What is the most common trigger that makes you feel "floaty" or untethered?

2. When you do the "Weighted Root," which part of your body feels the "heaviest" or most relaxed first?

3. Write one "Gravity Mantra" you can use when you feel a spin cycle starting. (e.g., "Feet on the floor, I am here," or "Gravity has me").

Final Thought: You Are Allowed to Land

There is a common misconception that we have to be "up and moving" to be productive. But you cannot build a life on a whirlwind. You can only build on solid ground.

Giving yourself permission to "reset" and find your gravity is an act of resilience. It is not a waste of time; it is the foundation of your power. The next time you feel the world pulling you into a spin, stop. Breathe. Find your three points. Remember that the earth is always there to catch you.

You are safe to land.

And as always, we want to remind you that we're all on this "[AVAIYA Journey](#)" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that's okay, too. Whenever you're finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At [AVAIYA](#), we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays**.

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our [Deep-Dive Free Online Conferences](#) and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

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Co-Founders of [AVAIYA](#) University

