

CONTIGO

Return to Ground

SEVEN MORNINGS · A RETURNING

A small daily practice of breath, body, earth and light: for
the seasons that ask much of you, and for the simple,
sacred act of coming back into your own presence.

Morning I

Arrive

Before the day takes you, there is a breath where you are simply here. This morning, we return to it.

The practice

1. Sit or stand wherever you are. Let your eyes soften, or close them.
2. Feel the places where you are already held: your feet on the floor, your back against the world behind you. Let the earth carry the weight it already carries.
3. Draw one slow breath, and let your exhale be longer than your inhale. Three breaths, unhurried.
4. Then, silently, offer yourself these words: *"I am here. I belong to this ground, to this breath, to this morning light."*
5. Let three things reach your senses: something you see, something you hear, something touching your skin. Greet each one quietly.

A question to sit with

| *What feels different when I let myself be here, instead of rushing ahead?*

An invitation to nature

| Step outside today, even for a minute. Place your hand or your bare feet on something natural: grass, a stone, a tree, water. Let it be steady beneath you, and feel it for a moment.

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Return to Ground is a practice of reflection and connection with the living world. It walks beside therapy and medical care; it does not replace them, and it is not crisis support. If strong feelings rise, you are free to rest and to stop. If you are in danger or deep distress, please reach for local emergency services or a crisis line.

Morning II

The living weather

Feelings move through you the way weather moves across a sky.
This morning, we learn to watch them with kinder eyes.

The practice

1. Settle where you are, and take a few slow breaths. Feel the ground holding you.
2. Ask gently: *what is the weather inside me, right now?* Notice it without changing it.
3. Give it a simple name, a word or two: heaviness, restlessness, a quiet grey, a bright ache, an unexpected calm.
4. Sense where it lives in your body, and let it be there, the way you would let rain be rain.
5. Offer yourself: *"This, too, is part of me, and it is allowed to move."* Watch one breath, and notice that nothing stays exactly the same.

A question to sit with

What changes when I let a feeling be felt, instead of asking it to leave?

An invitation to nature

Look up at the real sky today, for one full minute. Notice its weather, whatever it is. Let it remind you that everything moves, and everything passes.

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Morning III

The body remembers

Long before words, your body knew how to soften and come home to itself. This morning, we listen to it.

The practice

Move slowly, and only as far as feels right for you.

1. Find a position that feels supported, and let your weight be fully held by what is beneath you.
2. Rest a warm hand somewhere it is welcome: your chest, your belly, the side of your arm.
Feel its simple warmth.
3. Let your exhales grow long and slow. If a sigh wants to come, let it. Let each out-breath be an unclenching.
4. Let your gaze drift slowly around the space, and rest it on something that feels neutral or kind.
5. Notice one place already a little at ease, and let it spread at its own pace. If anything feels like too much, that is okay: open your eyes, feel your feet, return to the room.

A question to sit with

Where in my body is there already a little ease, if I look gently?

An invitation to nature

Walk slowly outside today, even just a few steps. Feel each foot meet the ground, one after the other. Let the earth meet your body without any hurry.

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Morning IV

Setting down the stone

You have carried much, and carried it well. This morning, we honour the weight, and practise setting a little of it down.

The practice

1. Settle where you are, take a few slow breaths, and feel the ground holding you.
2. Bring to mind one thing you have been carrying. You do not need to solve it; only let it be present.
3. If a small stone or object is near, hold it in your palm, and let it become that weight. If not, imagine its weight resting there.
4. Feel it honestly, and offer yourself: *"I see how much I have carried. It makes sense that I am tired."*
5. When ready, open your hand and set it down. *"For this moment, I set this down. It will be here if I need it, and so will I."* Notice your breath and shoulders grow a little freer.

A question to sit with

What would it feel like to hold this a little more lightly, just for today?

An invitation to nature

Find a stone outside today. Hold it for a while, and let it carry something for you. Then place it back in the earth, with quiet thanks, and let the ground keep it a while.

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Morning V

The thread of belonging

You belong to a wide web of living things. This morning, we feel for one thread of it, and let ourselves be held.

The practice

1. Settle where you are, breathe slowly, and feel the ground beneath you.
2. Bring to mind one living being you feel warmth toward, and who feels easy: a person, an animal, even a tree you know.
3. Picture them clearly. Let yourself feel the simple fact of connection, the thread that runs between you.
4. Offer them something kind, silently: *"May you be well. Thank you for being part of my world."*
5. Notice that to wish another well warms you too; the thread carries both ways. Rest in the knowing that you are held within something larger than yourself.

A question to sit with

Who or what makes me feel, even a little, that I belong?

An invitation to nature

Make one small, real moment of contact today. Meet someone's eyes and truly see them, send a word to someone you miss, or lay your hand on a tree and feel that it is alive alongside you.

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Morning VI

The ember

Beneath the noise, something in you still glows. This morning,
we tend the quiet fire of what matters to you.

The practice

1. Settle where you are, take a few slow breaths, and feel yourself held by the ground.
2. Ask gently: *beneath everything I have to do, what do I most deeply care about?* Let an answer rise without forcing it; a word, an image, a face.
3. Let yourself feel its warmth, the ember glowing beneath the ash.
4. Ask: *what is one small way I could honour this today?* Not a grand act; one small, true one.
5. Picture yourself doing that one small thing. Breathe gently on the ember once more, and carry its warmth into the day.

A question to sit with

| *What is one small way I can move toward what matters to me today?*

An invitation to nature

| Step outside and find something quietly, effortlessly alive: a weed in a crack, a bird at work, sunlight on a wall. Let it remind you that life keeps choosing itself, and so can you.

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Morning VII

Your way home

These mornings were never about the practice. They were about remembering that you always knew the way home. Today, we make it yours to keep.

The practice

1. Settle, breathe slowly, and feel the ground beneath you one more time.
2. Look back gently over these mornings. Which moment, which words, which breath met you most? Let one return to you now.
3. From it, shape one small gesture for most days: a hand on the chest and three slow breaths, bare feet on the ground, one kind sentence, a glance at the sky. Choose what is true for you.
4. Practise it now, once, fully. This is your way home. Decide where it will live in your day: on waking, in a doorway, at the first quiet moment.
5. Offer yourself a closing word: *"I can always return. I carry the ground within me."*

A question to sit with

What is the smallest gesture that brings me home to myself, that I will actually keep?

An invitation to nature

Choose a place in the living world you can return to: a tree, a window, a patch of sky, a stretch of path. Let it become your own quiet spot, the outer home that matches the inner one.

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After the seven mornings

Field notes

A page to keep returning to. What met you? What do you wish to remember? What needs gentleness this week?

"I can always return. I carry the ground within me."