

GROUNDING INTO THETA

- **Theta (4-7.5Hz)**

Theta waves are present during hypnosis, deep meditation and light sleep, including the all-important REM dream state. It is the realm of your subconsciousness.

Theta is the deep relaxed brain wave state. This is the state that we are in it we can learn, restore, and revive. Below is a script that you can use to help guide your clients into a theta brainwave state. This can be helpful prior to doing any somatic touch work, other techniques or to help your clients calm and ground at the beginning of a session or if they become emotionally triggered.

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Grounding Into Theta Script

Go ahead and sit in a comfortable position and close your eyes.

As you are sitting here with your eyes closed, notice the sounds of the room. You might even hear sounds outside. You are hearing the sounds of the room, you hear the sounds of people moving around you, you may even hear traffic outside.

Give yourself permission to relax, to relax and be. There is nothing for you to do here.

Begin moving your attention to your breath, just focusing on your breath... maybe you can even hear your own breathing. Just begin to have deep relaxed breaths without forcing it.

Breathing all the way down to the base of the belly and as you exhale, allowing the body to relax more and more, feeling the tension leaving your neck, leaving your shoulders, and feeling your entire arms relax.

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Noticing the organs in your body and your stomach muscles completely relaxing.

Your hands relax, your legs relax, all the way down to your feet and your ankles.

Every part of your body, every muscle in your body; completely relaxed.

In this state of relaxation just allow yourself to continue breathing in a natural and relaxed way for another minute.

(Wait 60 full seconds)

Begin bringing your attention back to your breath. Coming right back into now, back into this moment.

Inhale through the nose, open the mouth and exhale.
Slowly let the eyes flutter open.

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