

# Peaceful Protest Guided Imagery for Calm & Connection

*A short grounding practice to help you regulate your nervous system, connect with others, and promote peace in moments of activism.*

**Please note:** this guided imagery is intended for general relaxation and community grounding. It's not a therapy exercise or a substitute for professional care.



## Introduction

When we show up for justice and community, our bodies can carry excitement, fear, and adrenaline. Taking a few moments to settle our nervous systems helps us stay grounded—and can help those around us (even the police) feel more at ease too. This is a way to extend our purpose to our very bodies, and to hopefully create a safer environment for all.

This guided imagery invites calm and collective harmony. You can use it before, during, or after a protest, meeting, or any stressful event. It's designed to be used in a small group, but can also be done solo.



## Guided Imagery

Let's take a moment to help settle our nervous systems and harmonize our bodies. When we're settled, it helps keep other protesters—and even the police—more settled too, which can support everyone's safety and ease.

Before we begin, know that it's common and normal for distracting thoughts pop up during a guided imagery. Just let those thoughts float on by without judging them.

Let's begin.

Take a nice, deep, slow breath.

Let your belly expand on the inhale and gently draw in toward your spine on the exhale.

Close your eyes or soften your gaze. If it feels comfortable, place one hand on your belly and one hand on your heart.

*(Pause for a few breaths.)*

### **Body Scan**

Bring your attention to your body and slowly scan from head to toe, noticing any sensations or feelings.

There might be some excitement, nervousness, a racing heart, or warmth in your belly.

Just notice what's there without judgment.

*(Take a slow breath.)*

### **Healing Light**

Now imagine a healing light just above your head.

It can be any color you like.

This healing light holds the energy of whatever you need today—perhaps calm, confidence, or love.

As this light shines down, if it feels comfortable, imagine it beginning to fill your whole body.

It softens any tension, nervousness, or unease.

It fills your chest, arms, core, and legs—all the way down to your toes—with this beautiful, healing light of calm, or love, or whatever you need.

*(Pause and breathe gently.)*

### **Expanding the Light**

Now imagine your healing light expanding beyond your body, enveloping our whole circle.

We are all bathed in this healing light together.

With each breath, imagine this light expanding to include all the protesters here today.

Take another deep breath and let it expand further to include the police officers—may they, too, feel calm and settled today, so that all of us remain safe and grounded.

With another breath, imagine this healing light expanding to include all of Doylestown (or your town), then our whole nation, and finally, the entire world.

The whole world bathed in this beautiful healing light—all bodies feeling settled and connected.

*(Pause for two slow breaths.)*

### **Grounding & Closing**

Now, bring your awareness to your feet. Feel their connection to the ground beneath you—the earth steady and supportive.

Take a nice, deep, slow breath, and gently let your eyes open.

Look around at one another, maybe offer a smile.

And now, rub your belly in a circle—even if it feels a little silly.

Be silly together.

As we do this, it sends signals of connection and harmony to our bodies.

We are grounded and connected in this moment.

*(Pause, breathe, smile.)*

Let's take one more deep breath together.

Notice how your body feels now—you might feel softer, steadier, or more open.

Allow yourself to carry this energy with you throughout the day, into your actions and interactions, and later, as you return home.



## After Practicing

After completing this exercise, you might take a few moments to consider these questions, or just let yourself rest before returning to your day.

- What sensations do you notice after doing this practice?
- How might your grounded energy influence those around you?
- How can you remind yourself to pause and reconnect during the day?

You may also wish to return to this meditation after the protest, before heading home. If it feels helpful, you can invite those around you to join you.



## A Gentle Reminder

Relaxation and mindfulness skills take practice. They might not work instantly, and that's okay. Every small step you take toward offering yourself this gentle care and calming your body and mind matters. The more you practice, the easier it becomes

If your emotions feel unmanageable, reach out for help—you don't have to figure this out alone.

In the U.S., call or text [988](tel:988) ([Suicide & Crisis Lifeline](https://www.suicideline.com))

Outside the U.S., visit [findahelpline.com](https://findahelpline.com)



## With Gratitude

This practice is inspired by the work of many teachers in embodied and compassion-based healing, including Dr. Resmaa Menakem (*My Grandmother's Hands*) and Dr. Christopher Germer (Center for Mindful Self-Compassion), whose teachings on settling, compassion, and collective regulation have deeply influenced me.