

# Anchoring Tutorial

Developed by Eric Golanty, Ph.D

*Anchoring* is a method for enhancing your psychological and spiritual well-being. It can help you...

- \* manage burnout and stress
- \* quiet your mind
- \* increase your sense of well-being
- \* increase your sense of harmony with your social and physical surroundings
- \* get a good night's sleep
- \* improve performance on tasks
- \* become aware of how your mental processes affect your life

Anchoring is *focusing on*, *paying attention to*, and *noticing* what your mind is doing right in this moment. This helps quiet your mind. In this way it is similar to mindfulness meditation, prayer, and a variety of other methods.

Contrary to what some people think, having a quiet mind is not being zoned out, without thoughts ("clearing your mind"), or deadening your feelings. Instead, quiet-mind is observing what your senses sense, what your thinking-mind thinks, and what it is like to observe.

You can learn Anchoring with this tutorial, which is presented as text that follows, online audio, downloadable MP3, a Web site, or Web-app for smart phones and tablets.

The tutorial takes about 10 minutes. To gain the most benefit from the tutorial...

- \* so it while it sitting in a chair, sitting with your back against something, or lying on a soft surface
- \* work through it in one session
- \* be as comfortable as possible
- \* be in a non-distracting environment (if possible)
- \* be in a mental state in which you are **open to new ideas** (see page 10).

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I've been teaching Anchoring in-person and online to adult college students for about 15 years and practicing it in my own life for many more years than that. I created this program to pass on to others what I have found to be a healthful practice. I owe much to my teachers: Richard Alpert (Ram Das), James Baraz, Howard Cohn, Gordon Edlin, Jack Kornfield, Jim Polidora, and Mel Weitsman. I hope you find this program helpful and enjoyable.

~Eric Golanty

**[Begin the Anchoring Tutorial >>](#)**

**Sit straight.**

**Uncross your legs.**

**Place your feet flat on the floor.**

**Rest your hands in your lap.**

**Bring your shoulders down from your ears.**

**Take a deep breath.**

**And another.**

**Breathe easily and naturally.**

**Focus your awareness on the point of contact  
of the bottoms of your feet**

**And the inside of the bottoms of your shoes.**

**Notice gravity anchoring you to the floor.**

**Now, close your eyes for a few seconds**

**And notice the sensation of the bottoms of your feet**

**Touching the bottoms of your shoes**

**And anchoring you to the floor.**

**After a couple of seconds of eyes closed,**

**Open your eyes.**

**Take an easy breath.**

**Very nice...**

**When you're ready, continue >>**

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**Now that you know how it feels  
To anchor with your feet on the floor,  
You are going to experience  
Anchoring with your back against the chair.  
Follow these instructions.**

**Just as you did in the prior exercise,  
Sit straight; uncross your legs,  
Place your feet flat on the floor.  
Rest your hands in your lap.  
Breathe easily and naturally.  
Bring your shoulders down from your ears.**

**When you are ready,  
Close your eyes for a few seconds  
And focus your awareness the sensation of  
Your back touching the chair.  
After a couple of seconds of eyes closed,  
Open your eyes.  
Take an easy breath.**

**When you're ready, continue >>**

**You now have experienced  
Anchoring with your feet on the floor  
And your back against the chair.  
There's one more Anchor-posture to try,  
And that's anchoring on the breath.**

**Just as you've done before,  
Sit straight and uncross your legs,  
Place your feet flat on the floor.  
Relax your hands and forearms.  
Bring your shoulders down from your ears.  
Breathe easily and naturally.**

**When you are ready,  
Close your eyes for a few seconds  
And notice your breathing.  
Don't change your breathing rhythm or pattern.  
Just notice the breath going in and out of your body.  
After a couple of seconds of eyes closed,  
Open your eyes.**

**When you 're ready, continue >>**

**You now know how to Anchor  
With your feet on the floor,  
Your back against the chair,  
And on the breath.**

**These are three basic Anchoring postures.  
With a bit of practice with Anchoring,  
You will most likely naturally gravitate to  
The posture that is most comfortable for you.**

**You've done very well so far.  
Take an easy breath.**

**When you are ready, continue >>**

**Now you are going to Anchor for about 30 seconds.**

**Use a timer or just approximate the time.**

**As before, sit straight and uncross your legs.**

**Place your feet flat on the floor.**

**Relax your hands and forearms.**

**Bring your shoulders down from your ears.**

**Breathe easily and naturally.**

**Choose one of the three Anchoring postures.**

**When you're ready, close your eyes,**

**And focus your awareness on your Anchor-place:**

**Either your feet on the floor,**

**Your back against the chair, or**

**Your breathing.**

**Pay attention to your Anchor-place for about 30 seconds.**

**While you're Anchoring, don't worry**

**If you notice your mind wandering.**

**Simply refocus your awareness**

**On your Anchor-place.**

**When you think the 30 seconds has elapsed**

**Open your eyes and take a breath,**

**When you are ready, continue >>**

**When your eyes were closed, and  
You were focusing your awareness on your Anchor-place,  
What did you notice?  
Did you hear any sounds?  
Did your mind wander?  
Did you think about your to-do list?  
Did you tell yourself this was silly?  
Did you feel sleepy?  
Did you relax?  
Any or all of those things is natural.**

**The mind is rarely quiet. It's almost always thinking,  
And almost always judging.  
That is the nature of mind.  
Whenever you Anchor  
You can expect your mind to wander.  
And when it does,  
Just notice.  
And bring yourself back to your Anchor-place.**

**Now, Take an easy breath  
Breathe easily and naturally.**

**When you are ready, continue >>**

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**Now, you are going to Anchor for about 90 seconds.**

**As before, sit straight and uncross your legs,**

**Place your feet flat on the floor.**

**Relax your hands and forearms.**

**Bring your shoulders down from your ears.**

**Breathe easily and naturally.**

**Choose one of the three Anchoring postures.**

**When you are ready, close your eyes,**

**And focus your awareness on your Anchor-place:**

**Either your feet on the floor, your back against the chair,  
or your breathing.**

**While you're Anchoring, don't worry**

**If your your mind wanders.**

**Simply refocus your awareness on your Anchor-place.**

**If you open your eyes before 90 seconds have elapsed,**

**Close them and continue to Anchor.**

**When you think 90 seconds has elapsed,**

**Open your eyes and take an easy breath.**

**Sit quietly.**

**Very nice...**

**When you are ready, continue >>**

**Since you are good at what you practice,  
you now have an assignment:  
For the next seven days,  
Practice Anchoring at least once each day  
For two minutes each time.**

**Experiment with different times: Early morning;  
Lunch time; Before bed.  
Experiment with different quiet places.**

**While Anchoring, Don't worry if your mind wanders,  
The mind always wanders; that is the nature of mind.  
When you notice your mind wandering, refocus your attention  
On your Anchor-place.**

**If you find yourself frustrated  
That you "can't stop your mind from thinking,"  
Remember [The Lesson of the Puppy Dog](#) (see page 9).**

**After you are comfortable Anchoring for 2 minutes each time,  
Increase your Anchoring-time to 5 minutes.  
When you're comfortable with 5 minutes, Anchor for 10 minutes.  
See if you can Anchor daily for 20 minutes each time.**

## The Lesson of the Puppy Dog

**How do you teach a puppy dog not to wet in the house?**

**When the puppy has "to go,"**

**You put it on a newspaper so it will "go" there.**

**When the puppy is on the newspaper,**

**Does the puppy sit quietly?**

**Of course not; the puppy squiggles away.**

**That's because squiggling is the nature of puppy.**

**No matter *how much* you may want it to stay on the newspaper,**

**The puppy will always squiggle away,**

**because squiggling is the nature of puppy.**

**When the puppy squiggles away, you pick it up and put it back on the**

**newspaper. And when it squiggles away again,**

**You pick it up and put it back on the newspaper.**

**If you get frustrated when the puppy squiggles off the newspaper**

**You might yell at or hit it and frighten it into not moving.**

**But you will not change the nature of puppy.**

## **Empty Your Cup**

**The Learned Professor came to the house  
of the Zen Master to ask to learn Zen.**

**"You are very welcome," said the Master, inviting the Learned  
Professor in for tea. They sat on cushions facing each other.**

**Preparing to make tea, the Master set a pot of water on the  
charcoal brazier on the floor in front of him, while the  
Learned Professor told of the many books he had read about Zen.**

**The water having boiled, the Master made tea while the  
Learned Professor told of all the insights about Zen  
he had gleaned from talking to other great scholars.**

**The tea made, the Learned Professor held up  
his cup and continued to talk about Zen.**

**The Master poured tea into the Learned Professor's cup.  
And he and poured...and poured...and poured, until tea was  
spilling over the top of the cup and cascading onto the floor.**

**"What are you doing?" cried the Learned Professor.**

**"The cup is full. No more will go in!"**

**"Your mind is like the cup," said the Master.**

**"How can you expect to learn unless you first empty your cup?"**