

Soles Of The Feet Meditation

1. If you are standing, stand in a natural relaxed posture with your arms hanging by your sides and your knees slightly bent and with the soles of your feet flat on the floor.
2. If you are sitting, sit comfortably with the soles of your feet flat on the floor.
3. Breathe naturally, and do nothing.
4. Now, shift all your attention to the soles of your feet.
5. Slowly, move your toes,
6. Feel your shoes covering your feet, feel the texture of your socks or tights,
7. Notice the temperature of your feet - warm or cool
8. How light or heavy they feel
9. Now notice the connection with the surface beneath your feet.
10. Take a moment and focus on how your feet feel.
11. Feel the heels of your feet against the back of your shoes. If you do not have shoes on, feel the floor or carpet with the soles of your feet.
12. Slow down your breathing a little and notice it as it enters and flows into your lungs.
13. Breath out in a slow breath and notice how it leaves your lungs, flowing out of your nose.
14. Do this three times.
15. Now, Gradually let yourself think and see the room in which you are in. Think about your whole body, when you are ready give your hands a shake and then notice how you feel in comparison to how you felt when you started.

