

Audio Track 10: Soles of the Feet

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Try this: Soles of the feet.

For this practice. It helps, if possible, to stand so that the sensation of the feet making contact with the ground is easier to feel. However, if standing is difficult for you for any reason, this practice can also be done sitting. As you find yourself in this standing position, allow your attention to settle like silt in a lake all the way down to the sensations on the very bottom of your feet. What do you notice here? Perhaps there are areas of pressure, where the sole of the foot is making contact with the sock or the floor or the shoe. Perhaps there are areas of no pressure. Maybe there's warmth or coolness. Maybe there's moisture. Your only task is to just notice what's here.

It can also help to slowly circle the knees around in one direction. Feeling the changing sensations on the soles of the feet. And then circling the knees around in the other direction. Keeping the attention anchored or returning the attention to the bottoms of the feet, the soles of the feet. Noticing the sensations there. You might also take a moment and notice what happens on the soles of the feet when you lean left or right. Or forward and back. Noticing the areas of pressure, of no contact, of warmth, of moisture, whatever is there. Allowing it to be just like this.

And we can also take these feet on a little walk, by taking slow and gentle steps one at a time. As you do, perhaps noticing the shifting of the weight, the lifting of the heel, the hinging of the knee

as you put pressure back on the next foot and pressure rolls to the bottom of the foot. Noticing the changing sensations on the soles of the feet. Maybe there are now different sensations as the foot flexes, the heel lands and the pressure rolls to the balls of the feet.

The mind may wander back to your problems, but that is no problem. Just gently and firmly return your attention to the sensations of the soles of the feet. And when you feel done, take some time to notice the effects of this exercise.

And then thank yourself for showing up, for practicing, for taking good care of you.

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