

Feeling My Feet

by Susan Kasier Greenland

Sit or stand with your back straight and your body relaxed. Breathe naturally and notice what's happening in your body and mind right now. Just focus on the natural rhythm of your breath for a few minutes. Keep your body relaxed. If you're standing, keep your knees soft.

Now move your attention to the bottoms of your feet and notice how they feel against the ground. Let the thoughts and emotions that bubble up in your mind come and go. It's natural for our minds to wander. Just bring your attention back to the bottoms of your feet to begin again. Let your feet really relax, let your heel relax, let your toes relax. Just breath in and out and really become aware as to what is happening in this moment.

My wish for you today: may you worry less today and REALLY enjoy the present moments that today brings.

