

Mindfully Walking

Many times, we rush from one thing to the next, meetings, patients, tasks and activities. We forget the vast number of muscles, ligaments, even laws of nature it takes to simply take one step. The practice of mindfully walking invites you to become aware, thoughtful of each movement, and how you are connected to the Earth. If possible, take the time to do this exercise barefoot on the grass.

Begin to become aware of your feet.

What part of your feet is touching your shoes (if you have them on) or the ground?

What is the texture like?

Where does your arch naturally lift off the surface?

Which toe is the longest?

Where do your toes touch the ground or the sides of your shoes?

Is the pressure equal on the sides of your foot, or do you lean to one side.

Now begin to take a step.

As you lift one foot, what are the muscles in your legs doing?

How about your stomach? Your arms? Your face?

Are your hips swaying to the side?

Do you come up on your tiptoes?

How does it feel to be on only one foot for a moment?

As you set your foot down, which part touches first ?

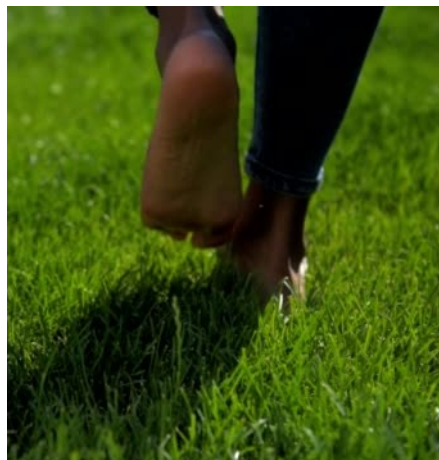
Do you set your foot down hard, or do you step lightly?

Can you feel the gravity pulling you down?

What does it feel like to place your foot on the ground?

How does it feel to be connected to the Earth?

In these moments, we can take time to become aware of our bodies, our connection to ourselves and the world around us, and our connection to our beautiful Mother Earth.



Mindfully Eating

Meditation is the act of being quiet and looking deeply.

Mindfulness is practicing meditation while walking, working, eating, etc.

To look deeply is to see the underlying reality of things, not just the names we call them or their appearance or their usefulness to us.

Looking at a tangerine deeply for a time, we notice the sunshine which has helped to create the fruit and is present as a kind of energy in the fruit. We also see the rain, the earth, the air, the seed which formed the tree, the person who planted the seed, the parents of the person, the people who harvested the fruit, the truck driver who brought it to market, etc.

Going back further, we can see the exploding star which produced the oxygen, hydrogen, carbon and nitrogen atoms which comprise the tangerine. If we look deeply for long enough we can see that that all aspects of the cosmos, working together over time, were responsible for making the fruit appear (all aspects of the cosmos are always creating and manifesting the cosmos all the time).

So let's hold a lovely tangerine in our hands and begin eating mindfully, focusing on each step. We will take our time and give our full attention to the tangerine. We see the beautiful orange peel, feel the smooth, dimpled texture. It's good to take a moment and see all that has gone into bringing this tangerine into our hands.

As we begin to peel it, we smell and feel the spray of the fragrant juice. We see the pale orange of the fruit. Eat the fruit slowly and deliberately savoring each taste. Take a breath every now and then to come back fully to your body, the tangerine.

Within the next several hours those tangerine atoms will be part of your flesh and blood, they will BE YOU! Looking deeply like this we see that eating, that life itself, is a miracle! Practicing like this, we can be renewed and energized by that miracle.



Grounding During Times of Stress or Anxiety

Especially in times of stress or anxiety, grounding our minds and emotions can help re-center to be able to quickly get control of your thoughts and emotions.

No matter where you are, you can practice this exercise. It does not need to be a quiet space or an area where you are alone. If your mind begins to wander, take a deep breath in and focus back in on what you can see, feel, hear, smell or taste.

Pause with your feet on the ground, standing or sitting. Make your body very still.

Close your eyes and take a deep breath, feeling the oxygen fill your lungs.

Open your eyes

Name 5 things that you can see.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 4 things you can touch, that you feel, without moving your body.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 3 things you can hear with your ears.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 2 things you can smell.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name one thing you can taste.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Repeat your breath work until you are feeling more calm.

GROUNDING TECHNIQUES FOR THE SENSES

- 5** THINGS YOU CAN SEE 
- 4** THINGS YOU CAN TOUCH 
- 3** THINGS YOU CAN HEAR 
- 2** THINGS YOU CAN SMELL 
- 1** THINGS YOU CAN TASTE 