

Bare Feet Rooting Into The Earth

by Rebecca Singer

As part of my 12-year training and 20-year practice as a shamanic healer, I was taught some skills that are valuable for anyone wishing to feel better.

Much of the practice has to do with connecting to nature and learning from all life forms in the wilderness. While readers may not have time to go out to wilderness areas, significant work can be done within an urban environment as long as you have access to a backyard, park, or green space.

Much of our daily tension, stress, and disease come from our modern society's focus on technology. We are experiencing a disconnect from the energy of the earth. I would like to suggest a few simple activities that can help de-stress your body. They only require 15 minutes of your day.

Step One: Bare Feet Warming

Take off your shoes and socks, and put your bare feet on the ground. That's right, your bare feet. I can hear you protesting... "But it's too cold! My feet will get dirty! Why?"

Let's begin with the answer to "Why?" Deep in the earth, beneath the snow and the frosty winter grass, there is a healing heat source that is always available to you. This energetic source from the earth can be brought up through your feet with practice.

The practice is to sit with your bare feet touching the earth directly. You may have as many layers of clothing on as needed to stay

warm. With daily practice, you will find that your body starts to warm up on its own.

Don't expect results the first week, but by week two you will begin to sense a slight vibration in the soles of your feet, followed by an awareness of heat. This practice can be done at a park bench, or in the privacy of your backyard. Your back is neither curved forward nor tilted back. If you are sitting directly on the earth, which is ideal, you can place your feet on the ground and rest your arms on your bent legs, knees up. You should feel comfortable. Be sure that your breathing is relaxed. You might be on the edge of a chair, or sitting in a meditation pose.

If you put all of your attention on the soles of your feet and where they meet the earth, you will be surprised. After a short time, if you focus your concentration on this point, you will notice that your feet are not cold. While you will not feel heat initially, you will find that you are able to sit for 10 minutes barefoot outside.

What is happening energetically is that you are bringing energy from the earth into your body. This is called "running your energy." Not only will this help you to relax and regenerate, it will help with your ability to focus.

In today's Western culture, we are becoming so multitask-oriented that we are seldom present in the moment with awareness in our bodies. There is a great and significant loss in this out-of-the-moment mode of being. We lose the sense of the beauty of now. Our



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minds are all over the map, while our bodies are ignored and open to illnesses due to stress.

The simple practice of getting barefoot and focusing your attention down into the earth will help reconnect you with the planet. After this initial connection, which can take 10 minutes of your day, it's time to move on to:

Step Two: Gratitude to Mother Earth


If you take a moment to think about it, all we need is provided by the earth. Perhaps we

can think of many things we would *like*, but everything we really *need* is available to us. Our current disconnect from the earth in its many forms is costing us dearly on many levels.

Take a moment, while your bare feet are still on the ground, and say your thank you softly out loud to the earth. Thank the earth for providing food, shelter, seasons, lessons, our home. Thank the planet for its wonders and beauty, its grandeur and fragility. Thank

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