

Seeing With The Feet

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Day 2: Venture into more activity.

On the day of your second walk, see if you can venture into slightly more active territory, and maintain your focus in your feet. If you are not ready, go back to the quieter environment. Notice

if your body feels compelled to pick up the pace when there is more activity around you, and check in to see what rhythm feels good in your body. Just note the motion and energy around you. Constantly bring your focus back to your feet. Remain passive, receptive in your awareness.

When I started "seeing in the feet," it was in the rain-

forest at night. My teacher showed me how to "see" with my feet, how to sense each step. Often there was no moon, but the rainforest provides many tiny sources of light, such as glow worms, fluorescent leaves, and fireflies.

After many months, I was able to walk calmly in the forest at night, with or without a moon, and give myself to the lovely rhythms of night life in nature. Here I found a solace and beautiful

oneness with the forms of life. I would recommend that anyone who wishes to experience the wonders of the forest at night go with a friend, or a group. Try taking a silent walk at night, step-by-step. Sometimes I walked nearly the entire night, resting among the forest symphony and sensing the wondrous order of the natural world. Though that is a long way from city streets, it is possible to learn to be present in this way in an urban environ-

ment.

If you take these walks on a daily basis, you will learn to calm down, to be more present, and to be more aware of what is going on around you. It is a centered awareness, not based in either fear or alarm.

Make sure to end your walk with gratitude for being able to do this practice. Over time, extend this awareness to half an hour, an hour, a day.

Enjoy "seeing with your feet."

Rebecca Singer is a healer who works in the shamanic tradition. She has worked in Costa Rica, Trinidad, Canada, and across the U.S. She recently moved to this area after living for five years in the Cloud Forest of Costa Rica. She offers talks, workshops, and sessions. Her website is www.shamanicenergy.com and she can be reached at 206-455-1877.

Miracles of Homeopathy

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cally cancel out the "bad" vibrations that radiate from the health issue which you are experiencing. It is simple and profound, like all energy medicine modalities.

There are homeopathic remedies available in many health stores, and of course you don't need a prescription to buy them. A very important thing to remember, however, as with any medication – whether a pharmaceutical over-the-counter medicine or energy medicine – is that first you need to know what you are

doing before you decide to use it.

There are numerous classes and books available to those who want to learn how to use homeopathy at home. The website for The National Center for Homeopathy (www.homeopathic.org) is a good place to begin.

Since I started using homeopathy, I have been amazed at its wonders. I know that many other people who have been lucky to discover homeopathy can testify to how great and wonderful it is. And if you haven't tried homeopathic

remedies for your ills yet, give it a try, and you too will discover the miracles of homeopathy.

Marianna Villa does not practice homeopathy commercially. However, she specializes in other energy medicine modalities including hands-on energy healing, color therapy, sound therapy and acutonics, guided meditation, aromatherapy, and more, creating an integrated healing session unique for each client. To learn more about energy healing or for information about healing sessions with Marianna, visit www.peacefuldimensions.com.

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