

Seeing With



The Feet

by Rebecca Singer

During the 12 years I spent preparing to do shamanic healing and today, after 20 years of working with people, I still practice "seeing with the feet." This is a simple but profound practice that you can do in the wilderness or in the middle of city. It will bring you a sense of calm, as well as a new awareness regarding yourself as part of your surroundings. In modern Western culture, humans are being expected to

move ever faster, receiving ever-increasing amounts of information. Modern society is on fast-forward, seeking quicker results, packing our days with more and more meetings, and less and less incentive to be present in the moment. There is an undercurrent of urgency, and great value is placed on whatever will get us "there" quicker, solve the problem sooner, and provide short-cuts to success.

Do you ever stop and ask yourself, "What, exactly is the hurry?" Do you think that we feel more important the busier and more overloaded we are? Do you ever wonder how many balls you can keep in the air before they are come down with a thud?

The pace of our mental activity is also increasing. People lay down at night and find their minds spinning and racing. We seem to be led around by our mental list of what we need to get accomplished. At some point, we might consider just how fast we want to be moving through the day. Do we really have to follow every direction that passes through our minds?

This simple exercise will help you to slow down and still accomplish what needs

to be done with an awareness of what your body needs. If you do this with a friend, make an agreement to walk in silence, with no conversation, until you are finished.

Day 1: Start by going for a ten minute walk.

I suggest you start with a walk in a quiet place, as it will be easier to stay in your feet. It does not matter if it's raining; please don't wait for the "right" weather. Just bun-

dle up and begin! As you walk, imagine taking all the energy out of your mind, out of your mental activity, and place your awareness on the soles of your feet with each step. Walk at whatever pace you like, but be conscious of your feet. If you find yourself lost in thought, return to your feet. Soften your eyes, so that you are not focusing on anything. Be aware of what is around you, but passively. By "passive," I mean that you let colors, sounds, and movement enter your

consciousness as opposed to trying to keep track of them. See if you can put yourself into a receptive mode.

Walk, being aware of your feet in contact with the earth. Be aware of sounds and movements; aware of colors, the rhythm of your walk. Do your feet want to slow down? Give yourself permission. At the end of your walk, take a moment to say thank you for your ability to walk.

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