Feeling Your Feet Throughout the Day

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

Where Are the Feet?

This practice comes from my training with trauma therapists.

In trauma therapy, the client is often encouraged to bring awareness to the feet.

This is a grounding practice that helps engage the parasympathetic nervous system, which is responsible for calming the mind and body.

Consider how you are going to remind yourself to feel your feet throughout your day.

You can put a sticky note on your computer, set a reminder on your phone, or use one of the other awareness triggers you have discovered.

If you use a reminder or sticky note, write the simple question, “Where are my feet?”

During your day, bring your awareness to the feet.

Feel how they are resting.

Scan the foot from the heel to the arch, ball, toe, and top of each foot.

Take a few deep breaths as you continue to pay attention to the feet.

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Allow the body and mind to settle a bit. With each exhalation, allow the feet to relax.

Continuing with your day, be ready for the reminder to pop up again.

Each time, return to this brief practice of relaxing into the grounding sensations within the feet.