

RIVER ROCK MEDITATION

1.

Find 2 small rocks, optimally round and flat.
Sit in a chair and place the rocks on the floor beneath your feet
in the depression created when you point your toes,
just behind the balls of the foot.

Choose stones that do not cause discomfort or are so large
as to prevent your foot from comfortably resting on the ground.

2.

If doing this exercise during the daytime, keep your eyes slightly open,
your gaze resting several feet in front of you.

If doing this exercise before bed
or to address issues of insomnia, close your eyes.

3.

Become aware of your breathing.

Breathe through your nose, easily and naturally.

Do not intentionally force your breath.

Imagine the point on the bottom of your foot as open,
as if you are *breathing* through that spot

4.

Check in with your body.

Begin at the top of your head and move down to your feet.

Register areas of tightness and pressure.

Take a moment to breathe into each region of the body
and relax areas of discomfort.

Direct your attention continually back to the breath.

Slowly descend your attention to the bottom of your foot,
the area *holding* the rock.

5.

In order to sustain your focus, at the bottom of each exhale,
mentally utter a single word or count from 1 to 10.

For example, breathe IN, OUT, "ONE", "TWO",
or IN, OUT "CALM" IN, OUT, "PEACE" etc.

6.

Continue for 5 to 20 minutes.

When your focus drifts, which it will,

draw it back to the sole of your foot.

Begin back at "ONE" or return to your single word

When you finish, sit quietly for several minutes

before moving into your day or next activity.

*In times of stress, anxiety, or sleep disturbance,
your body will have a physical memory
and associated relaxation response with the sole of your foot.
Do not worry about measuring the progress or success of your meditation.
Simply begin cultivating awareness of your breath
and rooting through the sole of your foot .*

