

RIVER ROCK MEDITATION

1.

Find 2 small rocks, 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
they 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 easily and naturally through your nose.

Do not intentionally force your breath.

The breath doesn't need to be any particular way.

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 Inhale, Exhale, "ONE", "TWO",
or Inhale, Exhale "CALM" or IN, OUT, "PEACE" etc.

6.

Continue for 5 to 20 minutes.

When your focus drifts, which it will, draw it back to the soles of your feet.
return to "ONE" or return to your single word.

In times of stress, anxiety, or sleep disturbance, your body will have a physical memory,
associated calm and a connection with the soles of your foot.

Do not worry about measuring the progress.

Simply begin cultivating awareness of your breath
and noticing the soles of your foot planted on the ground.

Please note there is a free MP3 audio of these instructions
as well as other meditation resources available on my website
<http://www.amydarling.com>

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