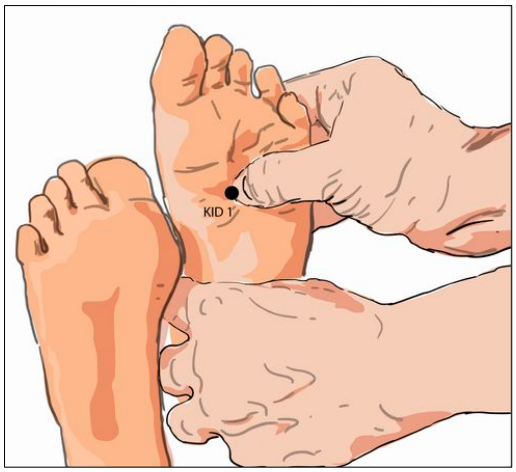
Sculpture above Queen Mary of the West Indies, Copenhagen, Denmark

On the sole of the foot is Kidney 1, the first point on the Kidney Channel in East Asian Medicine. It is the most grounding point in the body.

After regularly doing this practice, your body will have a physical memory, calm and connection associated with the soles of your foot. This can help in times of stress, anxiety, or sleep disturbance.



River Rock Practice

1.

Find 2 small rocks. Size? Between a quarter and nickel, about as big as the end of your thumb or index figure. Round and flat is good, just not real rough or irritating. Sit in a chair and place the rocks on the ground beneath your feet. If you point your toes, there's a little hollow just behind the balls of the foot. Place that area over the rock.

2.

If doing this exercise during the daytime, keep your eyes slightly open, your gaze can rest a few feet in front of you. If doing this exercise before bed or to help sleep, you can choose to close your eyes.

3.

Become aware of your breathing. Breathe naturally through your nose. Don't force the breath, it doesn't need to be any particular way. Imagine breathing through that spot on your foot.

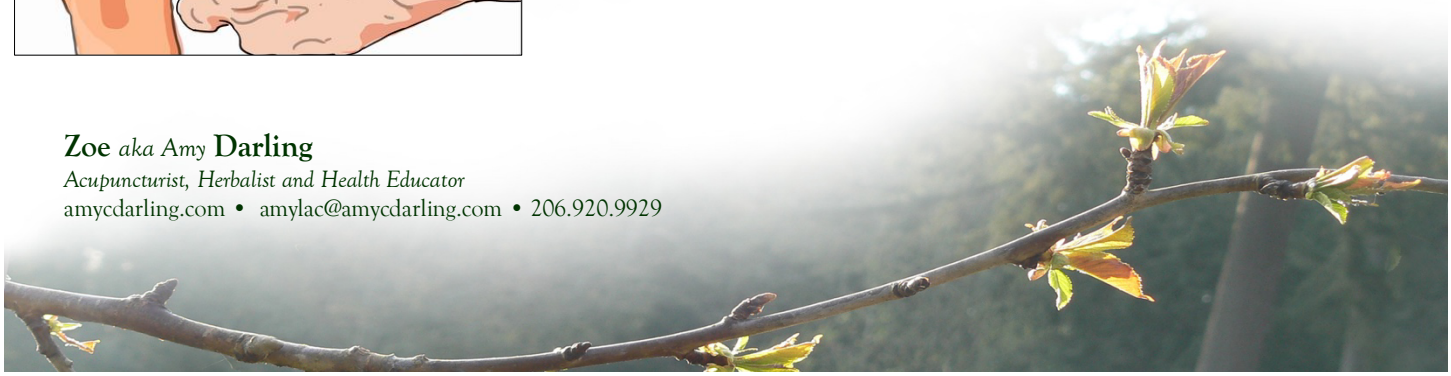
4.

Check in with your body. Begin at the top of your head and move down to your feet. Notice areas of tightness and pressure. Breathe into each region of the body and relax areas of discomfort as you can. Gently, repeatedly draw your focus back to the breath. Slowly descend your attention to the bottom of your foot, the area resting over the rock.

5.

If it helps stay focused, after you breathe out, quietly say or think a single word, or count from 1 to 10. For example, breathe Inhale, Exhale, "One", "Two", or Inhale, Exhale "Calm".

6.

Continue for 5 to 20 minutes, or as long as you choose. 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. After concluding, take a minute. Gently twist your body looking over your right shoulder. And then your left. Feel your feet. Thank your little rocks, and walk out into the day.

Zoe *aka Amy* **Darling**
Acupuncturist, Herbalist and Health Educator
amycdarling.com • amylac@amycdarling.com • 206.920.9929