

# Feel Your Feet.

This technique is about moving out of your mind(thinking) and into your body which will change your focus. Our thinking more often than not, creates our emotions instead of a stimuli(something outside of us) that we are reacting to that makes us feel something (i.e. fear, joy or panic).

Feel your feet works in either situation but is very effective when it is our thinking that is making us feel something. Thinking that creates an emotion is a past or future situation that is being created in our mind. One of the fastest ways out of that emotional situation is to feel your feet. Yes, actually feeling your feet. Feel your feet in your socks, your shoes or even just against the floor.

Here's a great way to practice:

Think of something that has been making you mad or upset. Get into it! Really dig into the emotion of it. Go deep into the feeling. Now, while your into the emotion, feel your feet. Feel the material of whats surrounding them or feel the cool of the floor. Can you focus on them enough that you actually feel them tingle or "hum"?

Once you have felt your feet, go back and recreate that intense emotion. Once your there, go back to your feet but only for a brief moment and then back to your thinking. Keep practicing this and you will likely start to feel yourself oscillate between your body and your thinking. Practice this technique when you get cut off in traffic or when your boss of child makes you want to run from the building. Anytime that you need to escape an escalating situation, feel your feet works!

I hope it works as well for you as it has for me and others I have shared it with.

Feedback is always appreciated!