

Chapter 2: Calm

Resource # 3

Feet to Floor

How would you like to learn one of the most effective techniques to calm your body and quieten your mind in less than a minute?

Something, you can do anywhere, anytime without needing anything extra. Something, that can bring more focus, more joy and more life to your life!!

Although it only takes less than a minute, it combines the power of some of the most effective techniques in the shortest time to implement.

I call it the ***Feet to Floor*** exercise.

This is to give you a cue each time your feet touch the floor, especially when entering or leaving a place or situation that may give you stress or anxiety.

It consists of 3 steps and 3 breaths.

- 1. Feel the body from toe to head.**
- 2. Release the tension from head to toe.**
- 3. Take a panoramic view from your brain's camera.**

Why don't you follow along if you are not driving? Remember when I ask you to bring attention or feel a part of the body, don't just think about that, actually feel the sensations in that part of the body.

Step 1: As you feel your feet touch the floor, bring attention to your feet. Notice how it feels in your toes, are they warm or cold? Notice how the floor feels, under your feet? Is it soft or hard? How do your feet feel? Are they dry or sweaty? Notice if you are wearing shoes or slippers or socks or are you bare feet.

Now move your attention to your calves and feel how they feel, are they tense or relaxed?

Next bring attention to your knees, then thighs, then hips.

Feel the sensations and notice how each part of the body feels.

Bring attention to your tummy. Does it feel, hungry or full?

Bring attention to your chest and notice how you are breathing.

Bring attention to your shoulders, are they hunched up or relaxed. Move your attention to your upper arms, then lower arms, then hands and fingers noticing each part how it feels. Bring attention to your neck, then your face and then your head. Enjoy a nice, smooth breath. Feels good?

Right. Let's do the second step.

Step 2. When I ask you to take the second breath, I would like you to tense your whole body and when I ask you to release, release the tension fast starting from your head to toe with an Aah sound.

Ok, let's take a deep breath and make your body tight as if you are a big piece of log from a tree. Hold the breath for the count of 3.

1,2,3 and let go "aah"! As you do that feel all the tension moving from your head, through your body, down your legs and into the earth through your feet. Feel all the tension and worries leave your body and mind in that instant. Feels good. Good. Let's move to third step.

Step 3. Now open your eyes and as if you are taking a picture from the camera, take a panoramic view of your surroundings. See everything as if you are seeing things for the first time (the colors, the shapes, the movement), hear whatever sounds you hear, smell and notice all the smells, notice even absence of any smell, feel the taste in your mouth, is it dry or salivating, experience the kinesthetic feel of air touching your body or the feeling of warmth or cold on your skin. Say a Thank you in your heart for all your blessings (your life, your body, all your senses and abilities), bring a

crescent moon smile on your face and you are done. Move on with whatever you were doing intentionally and mindfully.

How did you feel?

Do you feel that your mind clearer?

Does your body feel a little more relaxed?

Most people feel less stressed and are able to focus on and enjoy next activity better. It is like wiping the blackboard before writing over an already full blackboard. Although it took me 3 minutes to give the full instruction the first time, as you practice you would be able to do it in less than a minute.

What If?

If you don't calm down regularly and break your stress cycle, your stress level builds up. If you do practice some form of calming exercise regularly, you can feel calm, relaxed and peaceful. You will be able to focus and enjoy your next activity. So, go ahead, make a practice of doing this exercise, every time you go from one place to another.