



Finding our Feet by Caroline

There are so many ways our feet can meet the ground. I love to play with the intelligence of this whilst sharing and practicing yoga. This summer, after forty five days of life on one foot, the experience of placing both feet upon the earth once again was filled with homecoming and joy.

We all have the potential to wake up our feet and discover how they can support the rest of the body. Generally we have learnt to hold ourselves up and together rather than trusting our relationship to the ground.

Each foot contains 26 bones, 33 joints and more than a hundred muscles, tendons and ligaments. The two longitudinal arches and one transverse arch together form a dome. In a sense this dome comes alive because of the parts of the foot that meet the ground.

Through awareness and a little imagination our heels can start to feel big and clear and round and alive; the outer edge of the foot strengthens, like a magnet drawn to the ground; the front of the foot needs as much space as possible to give freedom and restedness to our toes. When this starts to become a felt experience, the dome inside the foot, the part that is missing in a footprint, uplifts us into life. Our rootedness becomes our strength, our clarity, and our lightness of being. It takes patience and commitment but slowing down and tending to our feet in some detail for a while can change the way we inhabit our bodies and embody our lives.



Meridian by Rebecca Brewin

in the heart of the foot
just under where the bones
congregate into the valley of the mid-foot
there lies a pyramid-like collection of bones
that form the arches of the foot
the three cuneiforms
the navicular
the cuboid

if you walk into this
landscape and press against the skin of its
dents and depression
there is a tenderness that runs like a river up through the meridian line where
in the
bean-shaped recesses of the kidneys with their
convex and concave borders the waters are purified

this region of the foot is known as the *bubbling spring*
it is the place where flesh lands on earth
and is said to be
where
love
acts
on
the
soul