

## Two ways of knowing

In this exercise, we will observe a very familiar thing – our own feet – in two very different ways. First, take a comfortable position. Place your feet on the ground. You can close your eyes or have a soft downward focus.

Without looking at your feet, try thinking about them. Notice what kinds of thoughts come to mind. The thoughts might describe your feet or maybe they are about liking or disliking something. You might remember something you have done, or felt, or even problems your feet have caused. Just try to notice these thoughts.

You don't have to control your thoughts or try to change them. Just take a moment to let your thoughts about your feet unfold naturally.

Next, try to bring your awareness into your feet without looking at them. Let your awareness sink into your feet, as if you would feel and think with your feet. Can you notice what do your feet feel like? What does the skin feel like?

Notice the difference between the feeling of touch and weight. Notice where your skin ends and the floor starts.

Now, curl your toes a bit. What does that feel like? Can you sense the difference in the toes' position? Or can you sense tightness in the muscles of your feet?

Straighten your toes again but keep your awareness in your feet. Notice how your toes and feet relax.

Now, before we end this exercise, try to feel your whole body in this way. What does it feel like, sitting right there, right now?

### YouTube video of the exercise

<https://youtu.be/fnKMLuuOQKM>



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