

A Dr. Scholl's foot pad can be cut-out so that the prominence beneath you second toe is not supported & a felt pad or 2 can be used beneath your big toe to even out the area (see figure). This can be inserted in your shoe, but will require you to add pads or replace them as they become worn. You can also have a shoe-repairman alter the soles of your shoe to make a more permanent change.



Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing allow all of your negative thoughts and emotions to exit with each exhalation. Imagine that you are in the middle of beautiful, green forest with trees of every age around you and a canopy of green above you. There are hints of sunlight as the leaves dance almost imperceptibly above your head. You sit or lie on the ground with the dirt beneath you. It feels alive with the energy of mother earth coursing within it. Think about the things that you are good at, maybe even better at than anyone you know. And, then think about the fact that somewhere there probably is someone better than you at those things. Accept this, forgive yourself & give yourself permission to just be the best "you" that you can be. Think about how many times when you have depended on another & they have let you down. Accept that sometimes, despite the best of intentions, people fail to achieve or do what they intend to do & forgive them. Take 3 deep breaths and open your eyes taking care not to lose that feeling of acceptance & forgiveness.

Affirmation: End your meditation by telling yourself: *"I will be the best "me" that I can be. I will forgive myself & others for our failures. I can accept that we all have a part to play in this world."*

