**EV1 LUNGTA PROGRAM –**

**BAREFOOTING**

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A FEW TIPS FOR WALKING BAREFOOT:

If your feet are sensitive, try wearing thick cotton or wool socks intermittently to start, until your feet toughen up a bit naturally. Over time you’ll begin to develop a naturally calloused sole, and even “foot pads”!

Be conscious of the terrain you walk on, diversified terrain is good: beach sand, grass, pebble walkway, in a park, etc.

Try smaller steps than how you normally walk, to lessen the impact on your knees and hips. Try landing on the outside ball of the foot first, rolling a bit on the ball of the foot. Allow heel to gently find its place. You can exaggerate heel pounding to see what the differences you feel in “soft walking”. Try plugging your ears with your fingers to also *hear* the difference! Feel how these two different ways of walking affect your consciousness, how they make you feel in relationship to your environment and how you feel in your body while heel pounding versus soft walking?

Walking on tarred roads barefoot isn’t recommended as your foot picks up tar and chemicals, which can be absorbed through the skin. There are millions of neuro-transmitters in the soles of the feet and our skin naturally absorbs what it’s exposed to.

Open your heart and senses to the Earth! Open to the natural state of joy that is our human birthright. Balance your energy, receive healing forces from the Earth, shift your consciousness, move in ways that encourage fluidity, and be guided by the intelligent force of the Earth.

Just two of the many alternative shoe sources that emphasize contact with the Earth and a natural spread of the foot are *Soft Star Shoes* and *TreadLight at Etsy*.

The book *Speaking with Nature* offers many insights and practices that will bring you closer to the Earth and the book *Earthing* featuring the life’s work of Clint Ober, offers all the scientific facts about the healing power of direct earth contact and “grounding”*.*