

Feet on the Floor

A small practice for finding steadiness when everything feels uncertain.



There are moments when the day feels as though it has moved out from beneath us.

A plan changes.

A conversation unsettles us.

We do not know what comes next.

In those moments, certainty may not be available.

Contact can be.

This practice begins with the ground already holding you.

Before You Begin

Sit or stand in a way that lets both feet meet the floor.

Shoes on or off.

Nothing special is required.

Let the practice be physical before it becomes thoughtful.



Feel the Contact

Press your feet gently downward.

Notice the heel.

The ball of the foot.

The toes.

Feel where your weight is supported without asking yourself to feel better yet.

The ground is here.



Let the Weight Drop

Allow a little more of your weight to be held.

Unclench your knees if you are standing.

Let the chair support you if you are sitting.

You do not have to carry your whole body by effort.

I can be held for this moment.



Choose the Next Inch

Ask only:

What is the next small thing in front of me?

Not the whole solution.

Not the rest of the week.

One call.

One glass of water.

One pause.

One honest sentence.

I only need the next inch.



Carry It with You

Steadiness is not always confidence.

Sometimes it is simply feeling the floor before making the next move.

Return here when you are waiting, deciding, or trying not to be swept away by urgency.

*Feet down.
Weight held.
One next inch.*