

AgeNation Radio Magazine & UnityOnline Radio Shows

Short Form Spot

Sedena's Enlivened Ageing Strategies

Hi! I'm Sedena Cappannelli with **Enlivened Ageing Strategies** - simple, yet powerful tools to support you in creating greater clarity, balance, inner peace and rejuvenation for your body, mind and spirit.

Today's Enlivened Ageing Strategy is: **Cherishing Life**

One way to be enlivened is to cherish our lives! Sometimes just a connection to the earth can awaken our awareness of this rich, incredible blessing of life that each of us is given. There are some very simple enlivening practices that can remind us of this gift.

Being in nature, breathing the fresh air, feeling the sunshine and walking barefoot, as simple as it is, can benefit us tremendously and strengthen our body, mind and spirit. Since we wear shoes most of our lives, we are missing the direct grounding electromagnetic connection with Mother Earth. Our bodies conduct the electricity beautifully since they are made up of over 60 percent water and going barefoot grounds our bodies to that charge.

Negative ions have been proven to detoxify, calm, reduce inflammation, and synchronize our internal clocks, our hormonal cycles and physiological rhythms. When we go barefoot we have to pay attention so we don't step on something sharp. This brings an awareness that quiets and clears the mind and helps us to be in the present moment.

Walking barefoot strengthens and stretches muscles and tendons in our feet, ankles, calves and legs and improves posture. It's like having a reflexology session, as every part of our body corresponds to the acupressure points in the feet. The initial soreness we feel soon dissipates and the areas are restored to healing as we walk barefoot more and more and stimulate these areas.

We all know the feeling of walking barefoot on grass or on the sand near water and how good it feels. Taking in negative ions through our feet lessens anxiety and depression by 62 percent as the feel good endorphins kick in to awaken us to the joy of being alive.

So, remember to cherish the gift of your life by spending more time outside and walking barefoot as often as you can, taking in the blessing of being alive.