

Dry Bath

- *A way to start each day* -

INTRODUCTION

This is nice to do first thing in the morning – even before getting out of bed. It allows you to start each day with a little personal time, and eases the transition from sleep into wakefulness. Practicing it consistently helps avoid jumping into the potential mayhem of each day before being fully awake.

It also brings awareness to the entirety of your body and prepares your hands for the day ahead. After a short while of doing this in the mornings, you may find it to be quite addictive!

THE PRACTICE

Begin by rubbing your hands together until they are generating heat and feeling limber. Rub all surfaces, including between the fingers.

Move on to rubbing wrists, forearms, elbows, upper arms, and shoulders. There is no set time for rubbing any particular area, just let the sensations guide you.

Rub shoulders, throat, neck, occiput, and around the head to the face.

On the face, especially focus on areas around the eyes, alongside the nose, and along the masseter.

Continue to the chest, ribs, rib sides, abdomen, and low back.

Waist, hips, inguinal crease, buttocks.

All around the thighs, knees, shins, calves, ankles.

Tops of feet, soles, and each toe, including the spaces in between and the webs.

EXPLANATION

This is a completely non-intellectual exercise. It is not necessary to memorize the above list, since it can be shortened to simply state, “Rub every surface of the body.” But seeing a list such as the one above can help remind us just how many facets there are to the body, and how much each part of our bodies can benefit from individual attention.

Be guided by sensation: *Notice* rather than try to *direct* the interactions between your hands and the surfaces they are contacting. The purpose of this exercise is to give attention to every surface of the body, and to ground yourself in physical reality at the beginning of each day.