



Bibiana Badenes: Hands and Feet: Their Role in Expression and Connection



Bibiana is a physical therapist, somatic educator, Advanced Certified Rolfer and Roling Movement Practitioner. Founder of the International Bodywisdom Spain Congress (2012), she also runs the KINESIS Center for Physiotherapy and Movement in Harmony in Benicàssim, Spain. Delve into self-care exercises to relate your hands and feet to your intentions and actions, and discover how they relate to your emotional state.

TOP EMBODIMENT TIP: Pay attention to your hands and feet and what they are doing while walking, dancing, and throughout your day.

Reflection: Hands and Feet: A System.

- **Hands:** Hands are essential tools for self-expression, touch, manipulation, care; but also can perform complex, precise movements (writing, painting, threading a needle).
- “Balance, thinking, and good judgement depends on whether the child is taught to use their hands and fingers in a practical way than on logical thinking” (Rudolf Steiner, Waldorf Pedagogy).
- A connection is established between the mobility of the fingers, flexible thinking, and the generation of ideas.
- **Hands** are at the end of a kinetic chain from our centre, from our heart, where we feel gratitude, compassion, emotions, and play a key role in both sensory, motor, and nervous systems of our body.
- **Feet:** Work to support us and connect us to the earth. They are the way we walk through the world.
- **Shoes:** Affect our centre of gravity and if shoes disrupt our centre of gravity, it can disempower us (high heels).
- **Skin:** There is a difference in the skin of the palms of our hands and the soles of our feet.

Hands: Self-Expression and Communication.

- We express with our hands what we might not express in words. Our hands communicate safety, trust and protection before we speak. There are hand gestures and symbols for non-verbal communication (mudras).
- **Talking with your hands allows a fluidity of movement and expression, precise communication of our emotions and thoughts, and a projection of our intention.**
- Restrict the body from expressing non-verbal language and you restrict verbal language. If we don't feel trust, communication, and movement then expression becomes limited, rigid.
- We relate with others and the world around us through our hands. Holding hands is a giving of yourself, bringing your heart to others. How do we want others to receive us?

Resources:

- ❖ **Website:** bibianabadenes.com, [KINESISCenter for Physiotherapy and Movement in Harmony](http://KINESISCenterforPhysiotherapyandMovementinHarmony)
- ❖ **References:** Rudolf Steiner, sujok therapy ring



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