

Body Meditation

This meditation will help to ground you in the present moment sensory experience of your body.

1. Sit in a way that supports you, that allows you to be awake and at ease.
2. Take a few slow deep breaths in and out.
3. Anchor your attention on the breath. As thoughts arise, not them, and let them go. Return over and over to the breath.
4. Now let the senses be awake. Note listening, seeing, feeling, smelling, tasting.
5. Tune into your body. Feel the breath going in and out. Feel the body from the inside out.
6. Scan through the body with awareness. Bring awareness to the hands in an easy and effortless way. The hands are a gateway into embodied experience. Notice what is there from the inside out. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness of the hands.
7. Feel the arms. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.
8. Now feel the head. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.
9. Now feel the ears. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.
10. Now feel the face and the tongue. Let them relax. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.
11. Now feel the neck. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.
12. Now let awareness move to the torso. Sense the chest and the abdomen. Soften the belly. Sense the back. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.

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13. Now let awareness move to the pelvic area and the genitals. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.

14. Now feel the legs from the inside out. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.

15. Now feel the feet from the inside out. Note any sensations. Tingling, vibrating, warmth, temperature, or pressure. Feel the aliveness.

16. Now see if you can feel the body as a field of sensation as a whole. Continue to notice the stream of the breath. Notice an aliveness in the field of awareness. Notice if there is any overlay separating you from the living presence of the body.

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