

Body Awareness Exercise

- 1) Sit in a chair. Steps will do. Sit straight, not slumped; relaxed, not rigid.
- 2) Put your arms on the arms of the chair if it has them, or dangling by your side, or on your knees.
- 3) Close your eyes. Allow the arm positions to stretch of consciousness.
- 4) Now settle in and be present in your body.
- 5) Focus your attention on your right foot.
 - a) Look down internally at it. Rivet your attention there and link with it. Be engaged with your right foot.
 - b) Pay attention to any sensations there. Sense it without describing it. No naming.
 - c) You're not directing it--you're entering it with your attention. You're so into your foot.
 - d) Keep coming back to your right foot until you couldn't know it better.
- 6) Go to your lower right leg and do the same.
- 7) Here is the full sequence:
 - a) Right foot
 - b) Lower right leg
 - c) Upper right leg
 - d) Right hand
 - e) Right forearm
 - f) Right upper arm
 - g) Left upper arm
 - h) Left forearm
 - i) Left hand
 - j) Left upper leg
 - k) Left lower leg
 - l) Left foot
- 8) Now sense both legs and arms together
- 9) Become aware of all the sounds around you – listen with great interest and great rapture.
- 10) Open yourself to the scents surrounding and passing you by – allow them to penetrate and mix with your being
- 11) Open your eyes and look around at the world out there – Soak in the light of vision
- 12) Take a Deep Breath
- 13) Now remember where you are