

Be where you are

Transcript

Start this exercise by finding a comfortable position, sitting in a chair, or lying on a bed or the floor.

Close your eyes, and take a few deep breaths. Relax.

Don't let yourself drift off to sleep during the exercise, but allow yourself to rest.

Now, slowly bring your awareness to the tips of your fingers.

Feel your fingers.

Now rub your fingertips together. How do they feel?

Can you feel the small indentations that are on your fingerprints? Take your time and try to feel them.

What do they feel like?

Are your fingertips raw from lots of work, or are they smooth? How does it feel to rub them together?

Notice the sensations.

Now rest your fingers where they were before. What are they touching?

Are they resting on a blanket, on the arms of your chair, on your legs or stomach, or something else?

What does that feel like? Is it soft or hard?

Does it have any other distinguishing features or textures?

Take the time to completely absorb how these objects feel to your fingertips.

Now bring attention to your hands and arms.

What do they feel like?

Perhaps they are relaxed and heavy. Perhaps they are tense from work or stress. Either way is okay.

There's no need to judge, simply observe the feelings in your arms and hands. Are there any aches or pains?

Take note of these, but don't fixate on them. Simply notice the pain and move on.

Move your attention down to your toes now. Wiggle them around a little.

Are they in shoes or socks? Are they free to move about? Move your toes back and forth, feeling whatever is beneath them. How does it feel?

Can you tell what it is just by feeling?

Just notice the sensations as you bring your awareness to your feet. Now shift your attention and notice how your head is positioned.

If you are sitting, is your head aligned with your spine, or is it drooping, resting near your neck and chest?

Without trying to change the position of your head, simply notice where it is positioned.

There is no right way for your head to be, just let it be where it is.

Now attend to the sensations in your head and neck. Do you have any pain?

Are your neck and head relaxed? What about your face?

How does your face feel?

There are all kinds of sensations to explore here. Think about your brow.

Is it smooth and flat, or is it wrinkled up with stress? Again, don't try to change it — just notice it.

Now bring awareness to your nose.

Can you breathe freely?

Take a few breaths in and out through your nose. How does that feel?

Can you feel air flowing into your lungs? Is the air warm or cool?

Pay attention to these feelings for a moment. Then think about your mouth.

How is it positioned — is it pursed, open, closed?

What about the inside of your mouth — is it wet or dry?

Explore all of the sensations throughout your face. Perhaps your skin feels dry, or you notice other sensations of itching, tingling, heaviness, heat or coolness.

Perhaps there's no feeling at all. Just notice.

Now bring your attention to your chest and belly. Place one hand on your chest and one hand on your belly.

Can you feel your body breathing? What's that like?

Are you breathing fast or slow?

Is your breath going more into your belly, or into your chest?

Now breathe in through your nose and out through your mouth.

How does that feel?

Now invert that pattern, breathing in through your mouth and out through your nose, and notice how that feels. Now breathe naturally, just noticing the sensations.

Next, put your hands wherever they were before and expand your attention to include your whole body. Where are you sitting or lying?

Can you feel the back side of your body touching the chair or bed in various places? Be mindful of the way your body is positioned.

There is no need to move — just observe. Now, with your eyes still closed, imagine the room you're in.

Where are you positioned in the room?

Do you have a sense of where the door is? What about the ceiling?

Can you feel your body in the larger space?

When you are ready, open your eyes and look around the room. You can move if you wish.

Notice where the various pieces of furniture and decoration are. What do they look like?

You can spend as much time as you like investigating different aspects of the room. Remember not to judge — just notice.

Whenever you're ready, you can stop this exercise and continue with your day.