

Witnessing the Body

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



How often do we take the time to really be present with the physical body? As modern day humans, we often find ourselves caught up in the experience of the mind rather than in the felt experience of the body.

Coming back to the body with our full, loving attention is a deeply settling practice that can offer us a time-out from the thinking mind.

This practice is a basic body scan that invites us to mindfully explore what it feels like to be in this human form. It is a gentle, compassionate practice that can help us to witness and nurture ourselves simply through mindful direction of our attention.

PRACTICE:

1. This meditation is best explored while lying down flat on one's back. Use anything you need for support and comfort, perhaps tucking a pillow or blanket beneath your knees, your lower back, or your head.
2. Close your eyes when you are ready and take five to ten mindful breaths to help you settle into the practice.

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3. Drawing your attention to the left toes to begin with, you will slowly start to scan the body upwards as you witness each part of yourself with closed eyes. As you pause on various parts of the body, you may do any (or multiple) of the following:

- Simply be present with what is there, neither seeking nor denying anything, and/or
- Envision a nourishing breath moving into this part of the body, and/or
- Send a loving thought to this part of your body

4. You can flow through your body in your own way or you can follow the path suggested here:

- The left toes and then slowly up to the left hip
- The right toes and then slowly up to the right hip
- The pelvic floor and space between the hips
- The lower belly
- The center of the belly
- The heart space and the chest
- The lower back and then slowly up the spine to the upper back
- The left fingers and then slowly up to the left shoulder
- The right fingers and then slowly up to the right shoulder
- The neck, front and back
- The jaw, the mouth, the cheeks, and the nose
- The forehead, the top of the head, and then the back of the head

5. When you have moved through the entire body, hold the fullness of your being in your awareness. See if there is any other part of you that yearns for you to witness it, to breathe into it, or to send it loving thoughts.

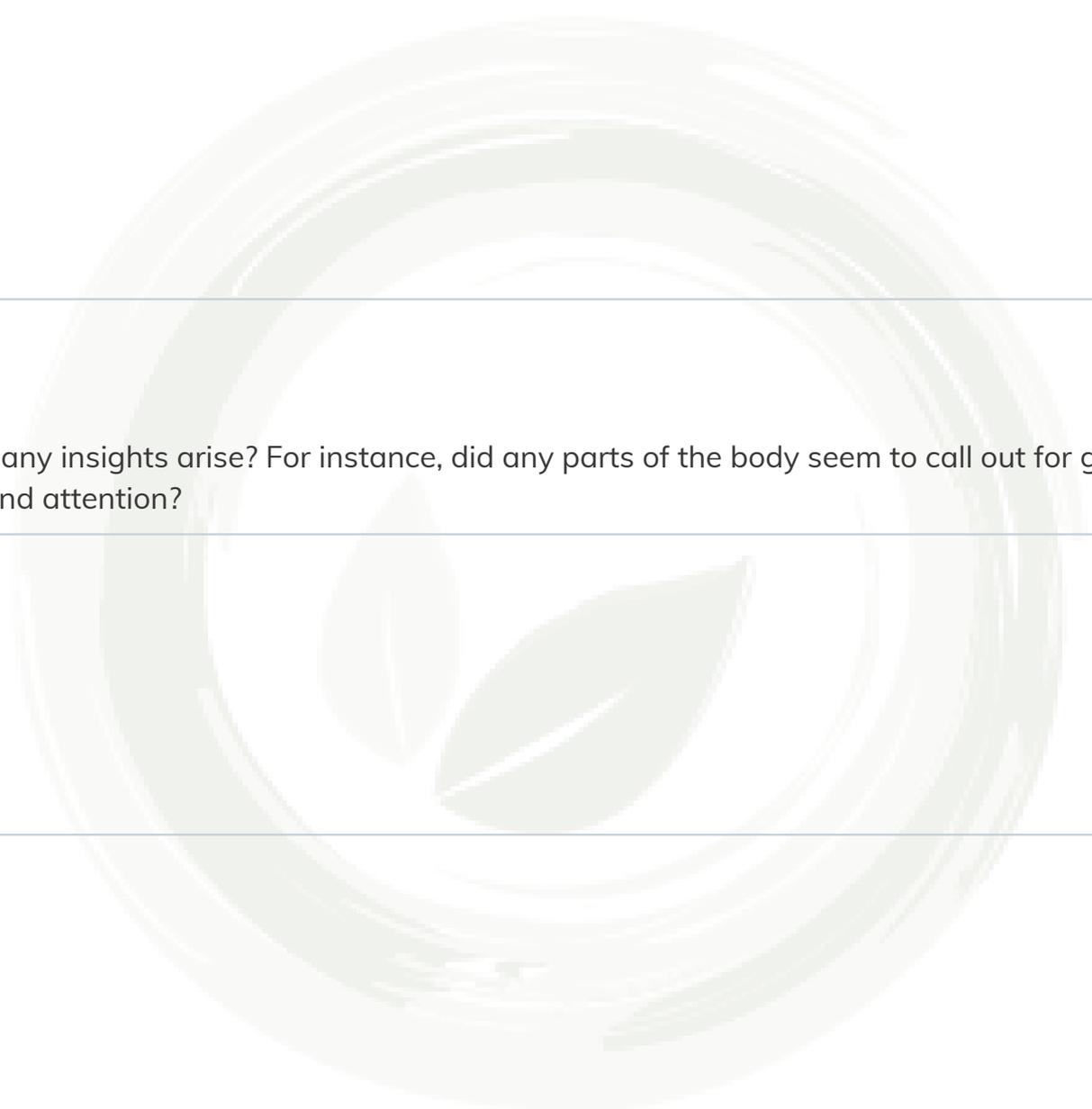
6. When you feel finished, take a few grounding breaths and then slowly open your eyes. Take your time to rise from this lying down position.

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REFLECTION QUESTIONS:

1. How did it feel to practice this? Did you encounter any interesting or unusual sensations?



2. Did any insights arise? For instance, did any parts of the body seem to call out for greater care and attention?