

Grounding through Body Awareness

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

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



Our physical body can be our greatest source of connection to the present moment.

When our mind wanders off into future thinking, or continues to ruminate over past events, we can use the body as an anchor to the here and now.

Body awareness keeps us mindful of where we are, literally, in the physical sense. Yet because body and mind are connected, body awareness can also infuse our minds with a sense of grounding. The mind cannot fly away when it's tied to the body.

If we can learn to recognize when it is that the mind flies off, we can stay grounded through awareness of sensation in the body.

Learning to remain present with the body teaches us to rest in a state of greater equanimity, with our feet firmly planted on the ground.

We'll still have thoughts and emotions, but rather than letting them carry us away, we observe these thoughts and emotions from a rooted, grounded, stable foundation.

To experience the power of grounding through body awareness, let's begin with the following meditation exercise.

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BODY AWARENESS MEDITATION

- Take a seat in a quiet place, free from distractions
- Set a timer for 5, 7 or 10 minutes
- Sit with your spine long and tall, and your shoulders relaxed
- Close your eyes or gaze low at the ground ahead of you, turn your attention inward
- Breathe gently and quietly in and out through your nose
- With every exhale breath, relax the weight of your body further down towards the earth
- With every inhale breath, feel a sense of upward lifting lightness
- As you focus on the exhale breaths, become more aware of the points of your body that are connected to the earth
- Remain present with the felt sensation of the body
- Without seeking any type of sensation in particular, remain open to the arising of sensation within your awareness
- Each time you notice the mind has wandered off, return to awareness of the body
- Practice this return as many times as you need to until the timer goes off

WHAT DID YOU NOTICE?

Use the following prompts to further explore your experience with the above meditation.

Describe your experience with the meditation in general.

Did you find it challenging to “remain present with the body”?

Were you thinking about the body, or feeling the body?

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What do you think the difference is between thinking and feeling?

Was it a challenge to find a place on which to settle your attention?

Were you aware of the body in general, or drawn to one detailed area?

Were there certain areas of the body that held your focus more than others?

If so, why do you think this was the case?

Describe the energy you felt during the meditation.

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Did you feel balanced between the upward energy of the inhale breath, and the downward energy of the exhale breath?

At what point in the meditation did you feel most present?

When your attention wandered, were you able to quickly notice and return to the body?

How do you think you might use body awareness as a tool outside of this meditation?

REVIEW

It's easy for us to get swept away in thoughts and emotions. We become those thoughts and emotions, saying things like "I am angry."

But you are not your thoughts and emotions, you are the awareness that perceives those thoughts and emotions.

Awareness is stable, neutral, and ever present. By connecting to the stability of our body, and by extension, the stability of the earth, we are reminded that we too are stable.

"I am angry" transforms into "from a place of stability and awareness, I notice that anger is arising."