

## Awareness of Physical Sensations

Make sure to go through this exercise slowly, allowing time to find and attend to different physical sensations.

Beginning by closing your eyes or looking down, and settling in your chair so that you are upright, but comfortable ... noticing the way you are sitting ... the way your body feels in the chair ... the places where your body is touching the chair. Noticing your breath and where you feel it in your body ... and just allowing your awareness to expand so that you notice any sensations that arise in your body ... tension or soreness in your muscles ... the feeling of the air on your skin ... sensations of hunger ... any physical sensations that arise (pause) ... noticing sensations as they arise, without labeling or judging them ... just noticing them as they are ... “a sense of tension here,” “a feeling of coldness here” ... and if judgments arise, noticing these too and shifting awareness back to your body, to the sensations you are experiencing ... allowing each sensation to be, as it is, for however long it remains ... just noticing it and continuing with expanded awareness ... (pause for a minute or two) ... and now bringing your awareness back to the way you’re sitting in the chair, to being in this room ... and opening your eyes when you’re ready.