MEDITATION PRACTICE – BODY SENSING/WELCOMING SENSATIONS

Thinking diminishes as we activate perception of sensation.

By doing this we de-activate the default network in our brain which is the part responsible for limiting beliefs, stories and habitual patterns – and activate the present centred network which encourages feelings of equanimity and harmony.

The practice of body sensing enables us to shift channels.

To move out of our Blah Blah mind state towards our essential nature, which is beyond, the constraints of time space and story!

The following script is also recorded for use as personal practice should you wish …

WELCOMING SENSATIONS

Allow you to settle and get comfortable ... make any adjustments you need and take a few long deep breaths.

Now begin to observe the feeling of the body ... just as it is ... sense your surroundings ... the feeling of the temperature of the air on your skin ... noticing any sounds or smells around you ... any sense of taste you may have in your mouth ... allow all the five senses to be wide open ... receiving what is present in this moment.

Bring to mind a place that you feel calm, nourished and safe ... it could be an actual place you've visited or an imaginary one ... whatever place you bring to mind let all your senses open up to this place ... what does it look like ... notice anything about this place that might bring comfort and safety.

Notice how you may be feeling more relaxed whilst sensing this place ... the breath is slow and steady and the body is relaxed ...

As you attention begins to turn from the outer world begin to welcome the various sensations that are drawing your attention in your body ...

Just let you attention wander around your body – being called by a sensation here or there.

Watch how you mind may wish to name it!

As much as possible – let go of naming and simply allow sensing ...

Welcome sensation ...

Let my voice become your voice is I direct you to different areas of your body.

Bring your attention to your jaw – welcome sensations of the jaw

The mouth ... the ears
Take a moment to sense your left ear ... your right ear ... both ears at the same time.

Welcome the sensation of the skin of your face ... the nose ... and eyes.

Welcome the sensation of the crown of the head ... the back of the neck and the shoulders.

Bring attention into your arms and hands.

Welcoming sensation first into your left arm ... and left hand ... the sensation of your right arm ... and right hand ... now both hands at the same time.

Notice how your thinking mind may come into this practice ... gently guide it to noticing the sensation in your hands.

Welcome sensations in your torso ... the upper, middle and lower torso ... welcome sensation into the front of the torso ... the back of the torso

Allow your attention to move throughout the buttocks, pelvis and hips ... and notice the sensation of the left leg ... the left foot ... the right leg ... and the right foot ... bring attention into both legs at the same time.

Bring attention into both legs and the pelvis

Bring attention into both legs ... the pelvis ... torso ... arms and hands at the same time. As well as the shoulders ... neck ... and head ... the whole body at the same time

Welcome the sensation of the whole body as one ... and let you attention not only rest on the whole body but also the space around the body as if the field of sensation that is your body is radiating out in front ... behind ... left ... right ... below ... and above.

Feel the whole body as radiating sensation ...

As you are doing this notice how thinking may slow down of stop altogether ... the sense of yourself ... your story ... notice how it begins to let go ...

Attention is present ... sensation is present ... activate your attention so that you can feel every part of your body at the same time.

Notice how it may feel to experience opposite sensations at the same time ...

Feel your left hand ... feel your right hand ... now feel them both at the same time.

By feeling opposites of sensation we de-activate the default network, the story telling part of ourselves ... and so it begins to fall away. We begin to enter into a more present centred and relaxed state of being.

If your eyes are closed take a moment to slowly open them ... not all the way but partially ... keep them opened for a few moments ... then gently close them again.

Can you continue to sense your body?
Maybe open and close your eyes several times so that you can keep a sense of your body as you shift from an outer to an inner sense of being …

Let the eyes remain closed and spend the last moments of your practice welcoming sensations … keeping attention focused … and inviting sensation into opposite parts of the body.

The left foot … the right foot … both feet at the same time
The left hand … the right hand … both hands at the same time
The left shoulder … the right shoulder … both shoulders at the same time
The left eye … the right eye … both eyes at the same time

Notice the quiet sense of presence this practice encourages …

Rest in the stillness of your body for some moments … simply enjoy the quiet space …

Slowly and gently begin to return to a waking state of consciousness … begin by feeling the temperature on your skin … notice any sounds or smells around you … feel the body coming to life … take some deep breaths and begin to slowly move the fingers and toes … stretch into the body and bring yourself into a seated position when you are ready …