



Sensory Awareness

Find a comfortable position that will support relaxation and awareness throughout this practice. If it feels right, closing the eyes to limit distractions and increase your focus. Throughout the practice you'll be asked a series of questions to help guide your attention to various aspects of your sensory experience. As best as you can, shift your full attention to those sensations and hold your awareness on any experience that you detect.

- Can you notice the rise and fall of the abdomen with each breath?
- Can you notice the space between your toes?
- Can you notice where clothing makes contact with skin?
- Can you notice the air on the back of your throat on each in breath?
- Can you notice where your body makes contact with what your sitting or lying on?
- Can you notice the temperature inside your clothing?
- Can you notice sounds that are close?
- Can you notice where your upper lip meets your lower lip?
- Can you notice the soles of your feet?
- Can you notice where your mind is right now?
- Can you notice the inflation and deflation of the lungs on each breath?
- Can you notice the weight of your body?
- Can you notice any tension?
- Can you notice with your fingertips the temperature of the air?
- Can you notice something pleasant in the body?
- Can you notice warmth or coolness in your feet?
- Can you notice where your attention goes?
- Can you notice colours behind your eyelids?
- Can you notice each strand of hair on your scalp?
- Can you notice something uncomfortable in the body?
- Can you notice any tastes?
- Can you notice any emotions that are present?
- Can you notice your posture?
- Can you notice when your attention wanders?
- Can you notice your heart beat?
- Can you notice the air against your cheeks?
- Can you notice tension in your facial muscles?
- Can you notice where your tongue is resting in your mouth?
- Can you notice sounds that are far?
- Can you notice the breath at the nostrils?
- And lastly, can you notice how you feel after resting your awareness on different aspects of your present moment experience?

Acknowledge yourself for take these few moments to be present and strengthen your capacity for mindful awareness.

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