



Daily Practices in Mindful Awareness

Part 1: Awareness of Breath and Heartbeat

Sit in a comfortable chair. Sit in silence.

Sit straight up, with your feet touching the floor and your back squarely against the chair.

Close your eyes, and begin noticing and observing your breath and heartbeat.

Take a slow deep breath in, pause for three heartbeats, exhale slowly, pause for three heartbeats.

Repeat until you reach a state of focused attention on your breath and heartbeat. Your body should feel relaxed, not tense.

Part 2: Awareness of Sensations in the Body

Continuing the breath rhythm from before, now also focus on any immediate physical sensations and feelings you notice. Observe them without judging them.

For example, “my heart rate feels steady,” “my stomach feels hungry,” or “my low back aches,” or “my body feels tired,” or “my body feels ready for the day”

Continue to keep the breath rhythm from before. Begin to notice sensations that were not immediate, starting with your toes, ankles, calves, thighs.

Now notice sensations in your abdomen and chest.

Notice sensations in your shoulders, neck, back.

Notice sensations in your arms, wrists, hands.

Notice sensations in your face and head.

Now notice sensations inside your body, starting with your sinus, mouth, and ears.

Notice sensations inside your chest: your heart and lungs.

Notice sensations in your other organs, including your kidneys, intestines, bladder, liver.

Return to focusing attention on your breath and heartbeat, following the same rhythm as above.