

Body Awareness Meditation

by Dr. Mauro Zappaterra

Find a comfortable place to sit. You may close your eyes or have a slight downward gaze. Bring your awareness to what you're experiencing inside your body right now. Breathe in, breathe out, letting go of any thoughts or emotions that are holding you back from being fully present.

Bring your attention to your back making contact with the chair. Now bring your attention to your lower back making contact with the chair. Feel your thighs. Bring your awareness to where you feel the most contact with the chair. Is there more weight on your right thigh or your left thigh? Nearer the knee or nearer the hip? Become curious about the contact your body is making with the chair. How does it feel: hard or soft, warm or cool?

Now bring your awareness to your feet and the contact they are making with the floor. Simply become curious about this contact. Do you feel more contact on the right foot or the left foot? Do you feel more contact on the balls of your feet or the heels?

Now move your attention back and forth, between the contact your body is making with the chair and the contact your feet are making with the floor. Back and forth. Back and forth.

Now bring your awareness back to your whole body, and assess how you feel. Is there any change from when you started? Do you feel a balancing between your right side and your left side, or between the front and back parts of your body?

If your eyes are closed, gently open them. Bring yourself back to the room. Gaze around you. Take in objects and details, smells and sounds. Wiggle your hands and feet, stretch out your arms or legs.