

## MINDFULNESS OF EMOTION IN THE BODY

- Notice your posture on the chair as if you were seeing yourself from the outside. Feeling your body humming with sensation. Entering into your body and into the world of sensations occurring in this very moment.
- Now bringing attention to your heart region. Placing your hand over your heart to reminding yourself to bring loving attention to your experience.
- Finding your breath in the heart region and beginning to practice mindfulness of breathing. Feeling your chest move as you breathe. When your mind wanders, bringing it back to the sensation of breathing.
- After a few minutes, releasing your attention to your breath and letting yourself recall the difficult emotion. If you wish, remember the *situation* in which you felt the emotion.
- Now expanding your awareness to your body as a whole. While you recall the emotion, scanning your body for where you feel it the most. In your mind's eye, sweeping your body from head to toe, stopping where you can sense a little tension or discomfort.
- Now choose a single location in your body where the feeling expresses itself most strongly, perhaps as a point of muscle tension or an achy feeling, like a headache. In your mind, inclining gently toward that spot as if you were inclining toward a child or a beloved pet. Continuing to breathe naturally, allowing the sensation to be there, just as it is. If you wish, placing your hand over your heart as you continue to breathe. Allowing the gentle, rhythmic motion of the breath to soothe your body.
- At this time, you may wish to add the “soften-soothe-allow” practice.
- Gently opening your eyes.