

MINDFULNESS HANDOUT 4A (p. 2 of 4)

Observe sensations of touch on your skin:

25. Stroke your upper lip with your fingernail.
 - Stop stroking, and notice how long it takes before you can't sense your upper lip at all.
26. When walking, notice the sensations of walking—your feet hitting the ground and rising up and down. Sometimes walk very slowly and notice. Sometimes walk very fast and notice.
27. When sitting, notice your thighs on the chair. Notice the curve of your knees and your back.
28. Pay attention to anything touching you.
 - Try to feel your feet in your shoes, your body touching your clothes.
 - Feel your arms touching a chair.
 - Notice the sensations of your hands.
29. Touch something—the wall, a fabric, a table top, a pet, a piece of fruit, a person.
 - Notice the texture of what you feel, notice the sensations on your skin.
 - Try it again with another part of your body.
 - Notice the sensations again.
30. Focus your attention on the sensations in your chest, your stomach, or your shoulders.
31. Focus your attention on the place in your body where you feel tight or tense.
32. Focus your attention on the space between your eyes.
33. Other: _____

Observe your breath: *Breathe evenly and gently, focusing your attention on:*

34. The movement of your stomach.
 - As you begin to breathe in, allow your belly to rise in order to bring air into the lower half of your lungs.
 - As the upper halves of your lungs begin to fill with air, your chest begins to rise.
 - As you breathe out, notice your belly, then notice your chest. Don't tire yourself.
35. The pauses in your breathing.
 - As you breathe in, notice the brief pause when your lungs have filled with air.
 - As you breathe out, notice the brief pause when you have expelled all the air.
36. The sensations in your nose as you breathe in and as you breathe out.
 - As you breathe, close your mouth and breathe in through your nose, noticing the sensations traveling up and down your nostrils.
37. Your breath while walking slowly. Breathe normally.
 - Determine the length of your breath—the exhalation and the inhalation—by the number of your footsteps. Continue for a few minutes.
 - Begin to lengthen your exhalation by one step. Do not force a longer inhalation. Let it be natural.
 - Watch your inhalation carefully to see whether there is a desire to lengthen it. Now lengthen the exhalation by one more footstep.
 - Watch to see whether the inhalation also lengthens by one step or not.
 - Only lengthen the inhalation when you feel that it will be comfortable.
 - After 20 breaths, return your breath to normal.
38. Your breath while listening to a piece of music.
 - Breathe long, light, and even breaths.
 - Follow your breath; be master of it, while remaining aware of the movement and sentiments of the music.
 - Do not get lost in the music, but continue to be master of your breath and yourself.
39. Your breath while listening to a friend's words and your own replies. Continue as with music.
40. Other: _____

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