



INSIGHT MEDITATION



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Meditation with focus on body sensations

Equipment required

Yourself

Quiet and comfortable place to sit or lie

Time required

10 mins to 1 hour

WHY: This activity can help calm and focus your mind. Insight meditation can also give us insight into how everything – just like our sensations, is in a permanent state of change.

Instructions

1. Sit or lie down comfortably with your eyes closed
2. Focus your attention on the area at the base of your nose above the upper lip
3. Become aware of your breathing
4. Then start to move your attention to scan your entire body from the top of your head to the tips of your toes.
5. Once at your toes, move gradually back to the top of your head
6. This should take about 5 to 10 minutes
7. Become aware of any sensations you are feeling where your attentions goes - hot, cold, tingly, painful, etc
8. Then start again

Note:

Aim for 10 minutes initially and set a goal to sit for 1 hr. If you want a big challenge, aim to sit for 1 hour without moving.

Try to touch every part of your body with your attention eg start at the top of your head, scan the entire scalp, then ears, forehead, eyebrows, eyes, nose, cheeks, jaw, neck front and back, moving across to the shoulders, armpits, biceps, triceps, elbows, forearms, wrists, palms, fingers (one by one) etc.

Be thorough with your scanning, observing any sensations that you feel. Try not to avoid the sensations or attach yourself to them - keep moving your attention no matter what you are feeling.

This is a really good exercise for understanding that nothing is permanent. Just like the sensations in our bodies, nothing lasts. Pain, pleasure, joy, sadness, anger, happiness - it all passes.

A good reminder when you are feeling overwhelmed or feeling down or riding a wave of good fortune. A good reminder for us to stay present and notice the things before us here and now.

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