

# Cultivating Body Awareness

## Part 5.1

# Bringing Awareness to the Body

“Why should we cultivate a  
body awareness?”

“Why not just stick with the  
breath?”

mindfulness is not just about  
getting good at noticing the  
breath

Mindfulness is about opening up  
to all of the aspects of our life,  
including our body.

Sadly, most of us have lost touch  
with our bodies.

We live most of our lives lost in our head,  
completely wrapped up in the stories  
that we're telling ourself about our life.

Another great benefit of body awareness, is that it can be a sign for when we're feeling stress and tension.



we carry a lot of stress and  
tension in the body



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The more we can cultivate a body awareness, the more that we can actually notice when we're feeling stressed and tense, and we can actually start to lessen some of that tension, slowly relaxing some of the body.



if we practice mindfulness of the body, what happens is that during our day we notice our shoulders creeping up, we notice our fists clenching when we get angry, we notice our jaw getting tight, and we can actually let this go before it builds up.

this is one of the benefits of practicing body awareness and the body scan meditation.

how do you actually practice the  
body scan meditation?

This is very similar to how we practice mindful breathing.



We just want to notice the physical sensations in our body, but bringing our awareness to different parts of the body, not just staying with the breath.

what we'll be doing is going through  
the body part by part, and piece by  
piece, and just bringing our awareness  
to the different places.

Noticing any physical sensations that  
you can actually feel.

just practicing acceptance.

Next Video

Body Scan Meditation