

# Awareness of the Body's Points of Contact

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Points of Contact

The body is always in contact with something, whether it is a chair, the ground, your bed, or the air around you.

This offers a powerful way to tune in to your present-time experience.

You can be mindful of these points of contact anytime—in meditation or throughout your daily life.

The sensations are generally easy to feel, making this an ideal practice for beginners to mindfulness.

You can do this practice in any position, but I recommend trying it while sitting.

Close the eyes and bring your awareness to the posture of the body.

Make any minor adjustments to help the body be at ease.

Begin by noticing the places where the body is touching something else.

Can you feel the contact between your feet and the floor?

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### Points of Contact

Pay attention to the physical feeling of the feet.

There is nothing special to do.

Just observe how the feet feel in this moment.

Continue up to where you can feel the contact between your rear end and the chair or cushion.

Notice the contact and pressure of the upper thighs with the chair.

Rest your awareness here, mindfully observing what this feels like in the body.

Bring the attention to the hands, however they may be resting.

Feel the places where the hands are touching each other, sitting in the lap, or resting on the knees.

Focus on whatever part of the hand is in contact with something else.

Now see where you can feel the sensation of the clothes on the body.

You can scan the body to see where this sensation is present.

It may be easiest to feel the places where the clothing stops and the skin is exposed, such as the arms, neck, or ankles.

Finally, bring your awareness to the sensation of the air on your skin.

You may notice the temperature of the air feels different on the palm of the hand than on the back of the hand.

You may also feel the wind if you are sitting outside.

There is no right or wrong. Be true to your own experience.

Finishing this practice, bring mindfulness to the points of contact during the day.

Whenever you sit down, feel the body come into contact with the chair.

When you stand up, notice your feet on the floor.