

# Body Meditation

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart    Mind    Body    Breath    Environment

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



### PURPOSE / EFFECTS:

To raise one's life force and thereby better all areas of one's life; to connect to and benefit from life's wisdom; to follow life and thereby help bring paradise to earth.

### METHOD:

#### Summary

Set aside an hour or so in a place away from distractions. Get comfortable and place your attention on your most predominant physical sensation.

Continue attending as long as it is most predominant. At some point there will be a shift, and some other sensation will become predominant. Attend to this sensation as long as it is predominant. And so on.

Be aware of what you may feel, see, and hear. Their content is not as important as is the fact that you are being present and attending.

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### Long Version

Predominant physical sensations may range from easily discernible sensations such as pain, to more ambient sensations such as itching in one's nose. In the latter case, rather than scratch the itch, one is asked to attend to the itching as long as it is predominant.

Feelings may also be predominant; for example, sadness, anger, or joy. Often such feelings are associated with thoughts. If so, one needs to maintain attention on the feeling, and not get drawn into the thoughts.



Body meditation is usually done singly, but there are benefits to doing it in dyads (pairs). Meditators may be physically present with one another, or communicating via phone.

In dyads, one person vocalizes what his/her predominant physical sensations are, where they are, what they are feeling, seeing and hearing, and how they are shifting. The other simply attends, and may contribute comments as they come to him/her; for example, is there anything you are feeling/hearing/seeing?



As body meditation progresses, one builds life force and is more robust in living one's life. One is increasingly connected to life and capable of receiving guidance that is beneficial not only to oneself, but to all of life. One is contributing to human evolution and helping bring heaven to earth.

### **HISTORY:**

Body meditation was developed by Dan Emmons and is described in his 2004 book, "Life Force". Dan's work has drawn a number of followers, who practice with him and with one another. Dan currently (2011) lives in Tampa, Florida.

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### CAUTIONS:

Body meditation brings to awareness one's weakest link, the next area to attend to when building one's life force. While such sensations may be pleasant or neutral, they may also be unpleasant or painful.

Body meditation will lead to a shift, but the amount of time involved may be brief or extended (see Emmons' description of the effect of body meditation on his chronic pain).

### NOTES:

As a distinct practice, body meditation has only relatively recently been articulated. Dan Emmon's book (1998) is presently the best description. However, the conceptualization of this practice is still in progress as Dan works with meditators in the U.S. and around the globe.