

# Presence Through Our Palms

## 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



Finding a sense of presence through our palms is a meditation involving movement. It invites us to explore our visceral experience of the body in a new way while grounding our attention in our hands. It is a unique exploration that can settle the mind and attune us to the more subtle energy sensations of the body.

### **PRACTICE:**

1. Find a comfortable seat in a straight-backed chair, grounding your two feet into the floor and resting your hands on your thighs, palms facing up. Take three to five slow and steady breaths to settle in as you close your eyes.
2. Moving very slowly, begin to raise your palms up towards the sky. This movement should be slow enough that it takes about 15 seconds for your hands to reach about shoulder height. Pause at this height. Don't worry about counting; simply ensure that the movement is as slow as is possible. As you raise your hands, note:
  - Any sensations of resistance as you move against gravity
  - Any sensations of temperature or air against your hands

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3. Eye remaining closed, turn your palms towards one another. Very slowly once again, begin to move your hands into the center as if they are coming to meet one another. As you move them, notice any visceral sensations within your hands. Can you sense any tingling, resistance, pulsating, or any other sensations? Pause when you sense that your palms are about an inch apart.
4. Hold your hands just a short distance from one another for a few moments as you observe any subtle presence of energy here.
5. After a few breaths of mindful observation, gently bring your finger tips to touch, followed by the fingers and palms. Notice what it feels like to slowly make contact.
6. Explore the sensations in your palms by:
  - Exerting some pressure and pushing them in towards one another for 10 seconds. Notice the feeling of both exerting force and then softening, as well as felt sensations in other parts of the body.
  - Slowly sliding your hands up and down one another as if rubbing them together in slow motion. After 20-30 seconds, come back to stillness with your palms touching.
7. Take your time to explore your palms by granting them your full attention. When you feel ready to come out of this practice, slowly reverse the motion by gently drawing your hands apart from one another. And this time, as you descend, let your palms face down as you slowly bring them back to your thighs. By mindful of each and every movement.
8. With hands resting on your thighs, take a few breaths to ground yourself before slowly opening your eyes to the world.