

Where Are You Going?

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



PART ONE: RELAXED, YET PRESENT

- Begin to bring your awareness more fully here — to this moment — to now — shape and focus your awareness as you relax.
- Where do you feel tightness or heaviness in your body? Scan your body slowly with awareness from your head down to your feet. Acknowledge to yourself what you notice as you scan. Relax and become more fully present.
- Now begin to focus on your senses. Can you feel the air around your body? Feel the clothes and shoes on your body? What do you hear with your ears? What can you smell?
- Which modality of awareness brings you most fully into the moment — relaxed and present — awareness on your body, on your senses, on your breath? Whichever it is, bring awareness to that modality now. Keep becoming more relaxed and more present.

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PART TWO: THE JOURNEY

This time we will take a different journey in time — we'll go forward from now to see where you're going — where you're headed. Stay alert and awake during the entire exercise like a parent listening to a beloved child — present, calm, open, available.

So where are you going? You'll leave tonight by car. What will happen to that car through time? Let yourself observe as you use that car as long as you do, then pass along ownership to someone else — then onto someone else and so on until it's no longer driveable. Observe as it decays, decomposes overtime — watch as it separates into its elements and becomes what it once was. Did the car ever really go anywhere? Was it ever really yours?

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And your own body, where is it going? Where is it headed? Where will it find its end, its rest?



All will be one again with the earth. Where ever was the separation?

And the earth itself, where will it go? What will happen to it finally?

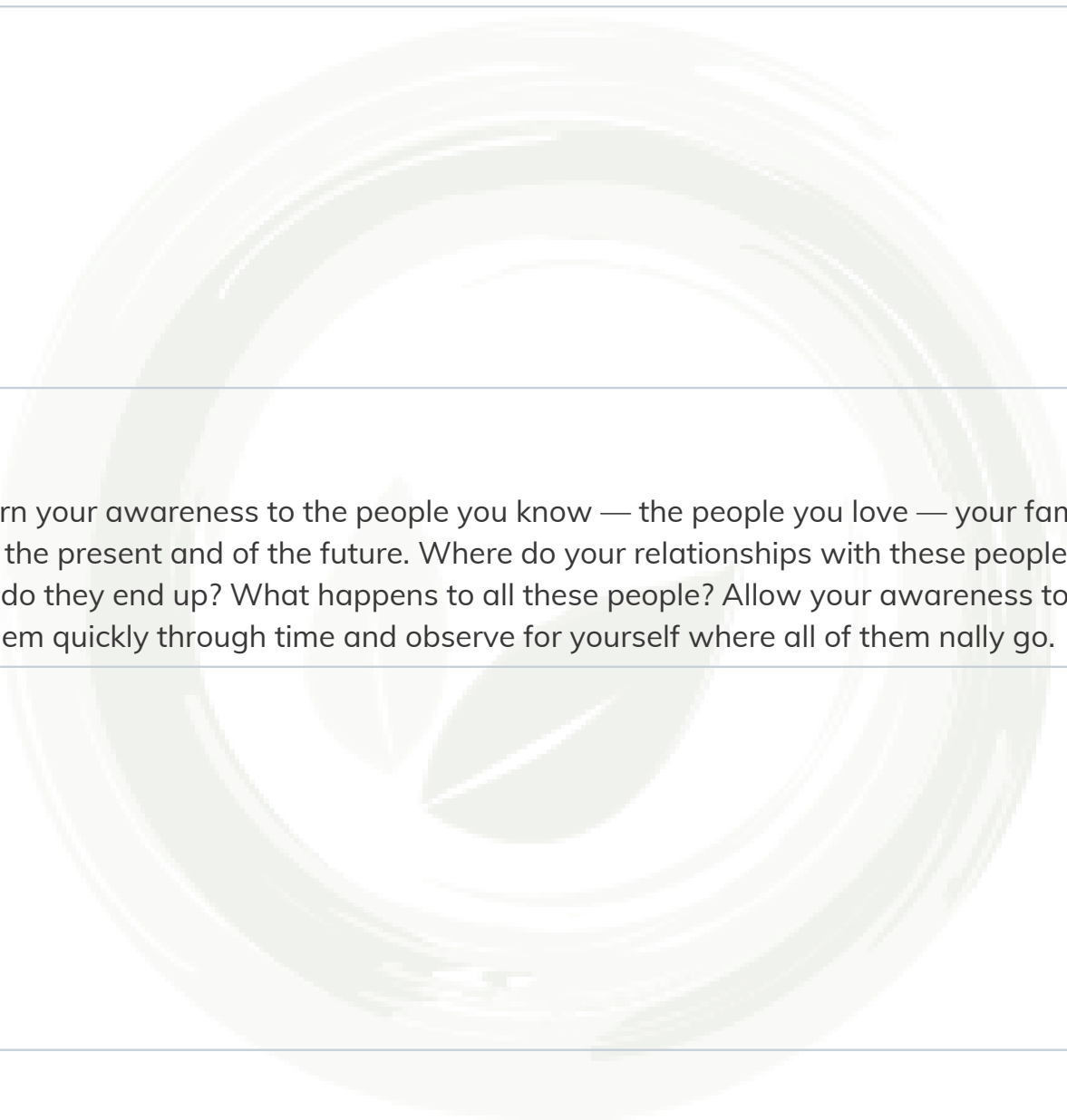
Yet a part of you is not held by the earth. Part of you lives longer than the stars as they finally burn through fuel, explode, expand, contract and settle. Where does your awareness go? Where does the pristine awareness of you end up? Where are you going really?

Begin to prepare to come out to a more public place. Take slightly deeper breaths. Wiggle your toes and fingers. Open your eyes.

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Expand your view to include more of what you own or use — observe them as they quickly move through time. What happens to them? Observe as each item separates into the elements that make it up and returns to the earth from which it came. Was any of it ever really separated from the earth by anything except time?



Next turn your awareness to the people you know — the people you love — your family both of the present and of the future. Where do your relationships with these people go? Where do they end up? What happens to all these people? Allow your awareness to follow all of them quickly through time and observe for yourself where all of them nally go.

PART THREE: PAIRED EXERCISE

With a partner, 2 minutes per person, address the question: “What happened for you in this exercise?”