



Mindful in Minutes – Feel

Sit comfortably with hips back in your chair
and spine tall but relaxed.

You may lie down
or change position at any time during this practice
and eyes may be open or closed.

Bring your attention to your feet.

Feel the tips of your toes.

Now the joints.

The soles of your feet.

Right up to your ankles.

Allow your awareness to spread through the calves,
the shins
and the knees.

Notice your thighs and your hips
as they rest gently on your seat or bed.

Become conscious of any sensations
in your belly
and lower back.

Coming now to the upper back.

The chest...
and the shoulders.

Awareness flowing down into the arms,
the hands

and the fingers.

Bring consciousness to your neck.

Your throat...
your jaws...

Your mouth...
cheeks...
eyes...
and forehead.

For the next few moments,
sit with the sensations of your body
from head to toe,
letting them be as they are.

You may now open your eyes
and return your awareness
to the space around you.

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