

Awareness Experiment

This short experiment gives you a taste of *mindfulness*. The instructions are very simple. All you have to do is observe your experience.

1. Get into a comfortable position. Begin by taking several deep breathes – inhale through your nose and exhale out through your mouth.
2. If you feel comfortable, let your eyes drift closed.
3. Now settle into your seat. Feel the weight of your body being supported by the chair and the ground. Notice any sounds, sensations, smells or feelings that surround you. Simply notice and let them pass.
4. As you settle into the stillness, be gently aware of any sensations, emotions, thoughts or feelings that arise. No need to chase after them. No need to label or judge. Simply notice their presence and watch them pass, like a cloud in the sky.
5. If you find your mind wandering off, don't worry. Shift your attention back to your breath – the gentle and easy inhale and exhale, the rise and fall of your chest and belly.
6. You can imagine your relaxed awareness as if you are sitting on a couch at home, watching TV. You are aware of your thoughts, emotions and feelings like you would be aware of what is playing out on the TV. You aren't involved, you are simply watching what plays out.
7. Now gently shift your attention back to your breath. Become aware of noises, scents or sensations around you. Feel your body supported by the chair and ground.
8. In your mind's eye, visualize the space you are returning to, and when you are ready, gently blink your eyes open.