

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Mindfulness Practice...

Practicing Impermanence

Time: 15 minutes!

To begin your practice with this meditation, sit or lie somewhere comfortable. A place you feel safe and can be free from interruptions.

- Close your eyes, allow your shoulders to soften and fall away from your ears and begin to focus on your breath.
- Breath in and out slowly through your nose allowing both your inhale and exhale to be as full and complete as possible.
- Bring your attention inside your body. Scan from the top of your head to the soles of your feet over the next few minutes. As you do, observe and note any sensations you find. *For example....*tension in your jaw, lightness in your chest, muscle gripping in your stomach, and pain in your low back.
- Now notice the sounds, smells, and sensations around you. What can you hear? What do you smell? What do you feel on or within your skin?
- Now continue to breathe deep and slow and instruct your body to relax, more and more, deeper and deeper. Tell your body that it is safe to let go of all sensations, enjoyable and not-enjoyable.
- Relax, release, more and more as you continue breathing for the next few minutes. Do not worry about your mind. When it wanders off, simply bring it back with no judgment or criticism.
- Take a moment now to scan back through your body...notice what has changed. How are you feeling? What has happened to the sensations you noticed in your body at the beginning of this meditation?
- Notice again what's around you? Have the smells, sounds or sensations changed?
- Continue to breath deeply and ponder for a moment the impermanence you have experienced through this exercise today. Things inside your body and outside your body are shifting and changing all the time. Sometimes we notice them and sometimes we do not.
- Regardless, life is constant change. Look for the change around you as a way of decreasing your own shock and surprise to change.