

Mindfulness Awareness with Shifting Attention

This exercise is to teach awareness and control of attention. It is a simple meditative moment expanded. This method is a non-verbal experience of self- control of attention.

Instructions:

Breathe

Follow the breath into your body.

Notice each sensation as breath flows in.

Notice coolness of air, pressure of airflow and how it feels through nose, throat, trachea, and lungs.

Feel your heart beating and the blood flowing through the arteries and veins.

Follow the breath out of your body.

Note the sensations of pressure, warmth and how it feels exhaling through your mouth.

Next, without opening your eyes, breathe your awareness into the room around you.

Note with awareness every sound in the environment, paying special attention to location, intensity, movement that you can detect.

Then, shift your awareness back to your breath in your body, and then back to external world several times.