

Mindfulness = Body-Fullness

“You may have noticed the voice in your head—the stream of habitual thought patterns that absorb the majority of your attention in any given moment. When we are continually lost in thoughts, we miss the immediacy and fullness of life in the here and now; the deeper, fuller, and more meaningful experience of being alive.” – Eckhart Tolle

We live in a very head-centered culture. Being stuck in our heads can contribute to life feeling, well, heady, conceptual, and one-dimensional. Learning to reinhabit our bodies and our five senses helps us to be more present and have a fuller, richer, and more meaningful experience of being alive—whether that means hugging a loved one, savoring an incredible meal, being deeply moved by beautiful music, or feeling the awe of gazing up at the stars. Fortunately, mindfulness is also body-fullness. Mindfulness helps us to spend less time lost in rumination and reinhabit our bodies and five senses.

As Kristen Neff, PhD, author of the book *Mindful Self-Compassion*, writes, “What is mindfulness? Preconceptual awareness of the present moment. Thoughts are representations—symbols that stand for reality, not reality itself. You can’t smell, taste, or eat the word apple. Mindfulness allows us to experience the world directly, not just through the lens of thought.” And the more directly we are in touch with what is happening in our bodies and coming through our five senses, the more fully present we are and the fuller and richer our experience of being alive will become. For one reason or other, you might currently be out of touch with your body. That’s OK, because with mindfulness, which is body-centered and includes your five senses, you can learn to tune back in to yourself, reinhabit your body, and experience a richer, fuller experience of being alive.

Below are a few meditations from past sessions that can help you reinhabit your body and five senses. There is also space for you to add your own ideas. I encourage you to pick one or two of them to do as your informal practice this week.



<p>Body Scan Meditation Music Meditation Eating Meditation Walking Meditation</p>	<p>What other ideas do you have to help you “lose your (monkey) mind and come to your senses?”</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
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