HANDOUT 6-1
PRESENT MOMENT AWARENESS

MINDFULNESS OF SURROUNDINGS

Find yourself a comfortable position in your chair with feet flat on the floor, back resting gently against the back of the chair, thumb and middle finger connected in a loop, and hands resting gently palms up on your thighs. Keep your eyes open and focused on your surroundings whether you are inside a room or outside in nature.

Look around. Pay attention to what you see. Is it bright or dark? Are you alone or with others? Are you inside or outside? If you are inside, are there windows in the room? Can you see outside? Can you see the sky? Is there light, or sunshine shining in the window? Does it light up an area on the floor or the wall? If you are outside, can you see the sky? Are there clouds? Is the sun shining?

What is straight ahead of you? What is beside you? Can you see behind you? Look all the way around you. Observe. When your mind wanders, notice it, accept it, and then bring your attention back to looking around you again.

Notice the temperature around you. Is it warm, cold, just right? Is the air moving or still? Do you smell any odors or smells? Are they comforting or distasteful? Are they new smells or are they familiar?

What can you hear? Is it quiet? Is there noise? What sounds are there? Where are they coming from? Are they loud, soft, sharp, soothing, or annoying? Do you want to keep listening to the sounds or do you want them to stop?

Is there activity in the space? What is moving? What stays still? Are things moving through the space, coming and going?

Pay attention to your body sitting in the chair. Feel where your bottom is supported by the chair. Is the chair hard, soft, cushiony, or solid? Is the back supporting your back? Does the chair fit you? Do your feet touch the floor or swing above it? Do your knees bend at the edge of the chair? Do you fill the seat side to side?

Look around and find something that particularly attracts your attention. Notice what shape it is, where it is located, what color it is, its texture, its purpose. Observe why it draws your attention. Does it remind you of something else? Do you know what it is? Is it common, or unusual? When thoughts arise that are not about this present moment, notice them, accept them, and let them go. Tell them “not now.” Bring your awareness back to your surroundings.

Become aware of yourself in this space. How do you feel? Do you feel safe? Do you want to be here? Does this place feel familiar or does everything seem new to you? Have you been someplace else that reminds you of this place? Do you feel good, bad, or neutral here?

Notice the energy you feel in this place. Become aware of your inner reaction to being in this place. Is it active or quiet energy? Is it calm, bubbling, hot, cold? Is it positive, negative? Is it peaceful or bustling? Is it intense or mild? Is it toxic here? Or healing?

Now that you have spent some time completely focused on being in this moment, bring the awareness you have gained back with you as you resume your regular life. Practice this exercise whenever possible to keep yourself present in the moment. You will increase your concentration, productivity, and lower your stress response.
Practice this skill every time you are outside, whether it’s to go for a walk, to sit on the deck, or even when you are walking to your car.

Whenever you are outside, practice being in the present moment. Notice your surroundings.

Start by looking at the sky. What color is it right now? Is it clear? Are there clouds? What do the clouds look like? Is the sun shining? Is it behind the clouds? Is it daylight or after dark?

Look around and see what’s around you. Can you see some trees? If so, look closely at one of the trees. Is it covered with leaves or are the branches bare? What color are the leaves or the branches? Are there buds on the branches or seed pods or flowers? Does it have needles and pine cones? Is the tree perfectly still or is it moving in the breeze?

Slowly inhale and notice what you smell. Is there a fragrance or odor? Is it pleasant or distasteful? Is it natural or man-made? Does it remind you of something or of another time in your life?

Can you see grass? What color is it? Is it lush and green or dried out and brittle? Is it long or nicely groomed? If you can, reach down and touch the grass. What does it feel like?

Are there any flowers blooming? Notice their colors and shapes. Smell them if you can.

Are there any rocks in view? Look at their shape and color. Touch them and notice their texture.

Can you see a lake or the ocean? Pay attention to the water. Is it calm and still or moving and full of waves? What color is the water? Is there a beach?

Listen. What do you hear? Are there birds singing? Do you hear the sounds of civilization such as cars, trucks, planes, motors, horns, sirens? Can you hear the breeze blowing in the trees? Is there a sound from a stream or a waterfall or ocean surf?

Pay attention to the temperature. Is it hot, cold, warm, or chilly? Is the air still or is there a breeze, or perhaps a stiff wind?

Now that you have spent some time focusing completely on your natural surroundings, bring your heightened awareness with you as you resume your daily activities.
HANDOUT 8-1
AWARENESS OF EMOTIONS PROCESS

• Notice the feeling.
  • Identify the feeling—name it.
  • Notice how and where it shows up in your body.

• Observe the feeling as:
  • Pleasant, unpleasant, neutral

• Accept the feeling—don't judge it or try to change it.

• Investigate the present moment of the feeling.
  • Notice the component of the emotion that is present as well as those aspects that are past or future aspects of the feeling.

• Stay present with it.

• Don't identify with the feeling.
  • Your emotion does not equal you.

• Examine the thoughts and the story behind the feeling.

• Identify the trigger for this emotion.

• When have you experienced this emotion before?
HANDOUT 9-1

BODY SCAN

Let's begin. Breathe in slowly through your nose to the count of four: 1-2-3-4 and breathe out through your mouth even more slowly like you are blowing a huge bubble, to the count of eight: 1-2-3-4-5-6-7-8. Now just breathe normally.

Bring your attention to your left foot. Just notice your left foot including your toes, heel, bottom of your left foot, top of your left foot. Notice what it feels like. Then move up to your left ankle. Notice how your left ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy? Accept the sensations as you become aware of them.

Then pay attention to your left leg, starting at the bottom, up to your knees, and thighs, all the way to your hips at the top of your leg. Notice if your left leg feels tight or relaxed, warm or cold, light or heavy. Send loving, compassionate thoughts to your left leg starting from your foot right on up to the top of your thighs.

Now pay attention to your right foot. Just notice your right foot, including your toes, heel, bottom of your right foot, top of your right foot. Notice what it feels like. Then move up to your right ankle. Notice how your right ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy? Then pay attention to your right leg starting at the bottom, up to your knees, and thighs, all the way to your hips at the top of your leg. Notice if it feels tight or relaxed, warm or cold, light or heavy. Send warm thoughts of gratitude to your entire right leg.

Now pay attention to both legs from your toes up to your hips. Be still, breathe, and send your legs some kind and loving thoughts. Breathe gently into your legs.

Now move your attention to your belly. Just observe what's there. Notice how your belly feels. Let it be the way it is. Send love and kindness to your belly.

Now pay attention to your back, starting with your low back all the way up to your shoulders. Notice any sensations present in your back. Send warm thoughts of relaxation to your back. Sit for a moment just noticing everything about your back.

Now give your attention to your fingers, thumbs, wrists. Observe what your hands are carrying. Send thoughts of gratitude and compassion to your hard-working hands. Now focus on your arms from your wrists all the way up to your shoulders. Just notice what's there.

Remember to breathe.

Now pay attention to your neck and throat. Swallow and notice how your neck and throat feel. As you observe your neck and throat, send thoughts of health and healing to this area of your body.

Now pay attention to your face: your chin, your mouth, your cheeks, your eyes, your eyebrows, your forehead, and finally your ears. Take a moment to observe what's there. Notice everything without attempting to change it. Send thoughts of love and kindness to your face. Allow a smile to emerge.

Now bring your attention to your head, including your hair and scalp and your brain inside your head. Observe the activity inside your mind. Send thoughts of kindness and connection. Connect with your inner wisdom.

Now take a deep belly breath and fill your whole body with a cushion of healing energy. As you blow the air out gently, let go of anything that needs to go.

Slowly open your eyes and bring your attention back to the room.