



Mindfulness of Physical Discomfort

Transcript

Mindfulness of Physical Discomfort... I invite you to begin this practice by settling into a comfortable position and gently bringing your attention to your breath. Spend the next few moments curiously exploring what breathing feels like right now in this moment...

Silence (5 sec)

Gently begin to expand your awareness to include the rest of your body and notice any physical sensations that are present right now... Are there any areas of tension?... Discomfort?... Pain?... Perhaps you notice an itch, or some twitching in your muscles... Focus your awareness on the part of your body where a physical sensation is most prominent. It might be a sense that you want to shift weight... an urge to scratch or rub... to wriggle into a more comfortable position... Just allow your awareness to sit with that feeling, whatever it is... see if you can stay with the urge to change your experience a little longer...

Silence (5 sec)

Notice any thoughts that might be going through your mind... A thought might be “I have to scratch my nose!”... or “Let me just shift slightly”... or “It’s really chilli in here” or “ah, my back is killing me!” – acknowledge them simply as thoughts. You can choose to act or not act on these thoughts, but see if you can stay with the thought and the sensation a bit longer, allowing the thought to be here without acting upon it... Now, shift your awareness and attention back to your breath... the rising and falling of your chest... the air passing through your nostrils... the sound of your breathing...

Silence (5 sec)



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Now, once again, expand your awareness and notice the thoughts... the feelings... and sensations in your body. Notice how these sensations shift and change; they might become more intense or they may diminish. See if you can stay with that sensation a little bit longer... exploring it with curiosity. As best as you can, try to observe the urge to attend to the discomfort, to fix it, to make it go away... See if you notice this urge arise and get stronger... Use your breath to make room for this feeling... The desire to change your discomfort may diminish, or it may stay. It may also become stronger. See if you can simply watch it unfold... You may choose to act and attend to the discomfort. You may scratch your nose or shift a little bit, but see if you can do so mindfully, observing the interplay of thoughts, feelings and behaviour... being aware of the movement of your body and the act of touching your skin or moving. Spend a few moments afterwards noticing the difference in your experience.

Silence (10 sec)

Now, allow your attention to drift around your body until you discover another sensation of mild discomfort. Repeat the exercise with your awareness of this new discomfort. Allow your awareness to sit with this discomfort, without needing to do anything about it. If no sensations of discomfort are present, gently direct your attention to the physical sensations associated with breathing or sitting.

When you are ready, centre your attention on simply being in the present moment... bring some movement back into your body... and appreciate the time you spent today practicing mindfulness.