

Exercise sheet

MEDITATION FOR ANCHORING IN YOUR SENSES TO REGAIN STABILITY



When your mind is racing and your emotions are overwhelming you, being able to anchor yourself in the present moment can help to calm your thoughts. Here is a meditation that will help you to find your strongest and most stable anchor.

- Sit upright with your back straight and your arms resting on your thighs, palms facing the sky.
- Close your eyes.
- Become aware of your breathing, of the sensations as your breath comes in and goes out of your body.
- Observe the sensations as the air enters your nostrils, your throat, then fills your lungs and makes your belly rise. Then observe as the air leaves your belly, your ribs move closer together and the air leaves again through your nostrils. Do not try to change anything. Observe your breath just as it is right now.
- Turn your attention to where you most notice your breath. The place where your attention is most stable, the sensation on which you are best able to concentrate.
- Now expand your attention to your whole body. Welcome all sensations, pleasant and unpleasant. Observe your whole body, breathing, right here, right now.
- Focus your attention more specifically on the part of the body that for you represents stability, anchoring. It can be the anchoring of your feet on the ground, the sensations of your body in contact with your seat or of the palms of your hands, or any sensation that represents the strength of your anchoring in the present moment.
- Now move away from bodily sensations and observe the sounds around you. Sounds near and far. All around you. Observe their frequency, high sounds, low sounds, moments of silence. Don't try to distinguish the sounds, just welcome what comes to your ears.

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- Now turn your attention to the taste inside your mouth. The sensations on your tongue or the taste of your saliva.
- On your next inhalation, concentrate on the smells that arrive in your nostrils. With every inhalation, every little molecule of scent. As if you were putting every breath under an olfactory microscope.
- Now observe where your hands are and what they are touching. Observe the sensations of friction, temperature, pressure. All the sensations from the palms of your hands to the tips of your fingers.
- Open your eyes and look around you. Observe the colours, the shapes, the reflections of the light. Look at what is in front of you but also what is further away.
- Now try to welcome everything at once: the breath, the body, sounds, tastes, smells, touch and sight. Welcome all of this at the same time and observe where your attention is most easily anchored.
- This will be your reference point, something to focus on when you feel yourself drifting. Like a boat's anchor.

