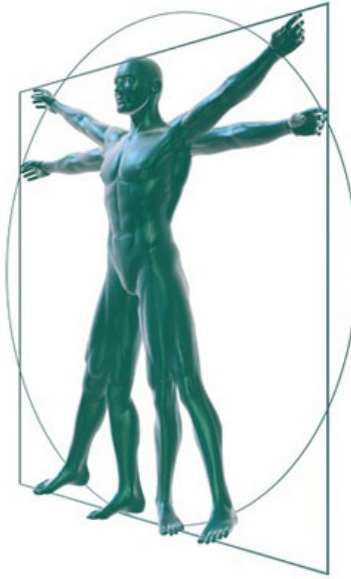


Week 1 - Simple Awareness

Introduction to the Body Scan



If you think of your body as a musical instrument, the body scan is a way of tuning it.

If you think of it as a universe, the body scan is a way to come to know it.

If you think of your body as a house, the body scan is a way to throw open all the windows and doors and let the fresh air of awareness sweep it clean.

- Jon Kabat-Zinn -

Training your mind and body...

Always remember that in training a puppy we want to end up with the puppy as our friend. In the same way, we must practice seeing our mind and body as "friend." Even its wanderings can be included in our meditation with a friendly interest and curiosity. Right away we can notice how it moves. The mind produces waves. Our breath is a wave, the sensations of our body are a wave. We don't have to fight the waves. We can simply acknowledge, "Surf's up."

...The attitude or spirit with which we do our meditation helps us perhaps more than any other aspect. What is called for is a sense of perseverance and dedication combined with a basic friendliness. We need a willingness to directly relate again and again to what is actually here, with a lightness of heart and sense of humor. We do not want the training of our puppy to become too serious a matter.

- Jack Kornfield, from [A Path With Heart](#) -

Week 1 - Simple Awareness

Introduction to the Body Scan

Now that you've experienced the [Introduction](#) and completed the [Questionnaire](#) in Step 1 of [Getting Started](#), you are ready to begin. **Welcome!**

Although there are five videos to watch this week, once you start one, the others will automatically follow. Some of the videos have ads at the beginning. Revenue from these ads go to the original creators of the videos, not to Palouse Mindfulness. The links to all the materials described below are given in the colored section at the bottom of the page (Video List, Reading List, Practice Sheets).

Videos

The videos for this week begin with **The Power of Mindfulness**, in which Shauna Shapiro emphasizes the importance, not of just paying attention to our inner experience, but **paying attention with kindness**. In **Don't Try to be Mindful**, Daron Larson addresses a common misunderstanding about mindfulness practice, that if our meditation is not peaceful and free of thoughts, then we must be doing something wrong. The last video, **All Bodies are Beautiful** is an amazing 4-minute video which chronicles what Amy Pence-Brown, a self-described "body-image activist", did in a busy public market.

Readings

Each week, there are readings which are an important part of the program. This week, the main reading is about the **Body Scan Meditation** which will be your primary practice this week. **10 Myths of Meditation** addresses common misunderstandings, including the idea that one must have a quiet mind to meditate successfully. **Mouthfuls of Mindfulness** describes a way of eating that is "not directed by charts, tables, pyramids, or scales".

Daily Practices

This week begins your daily **Formal Practice**. On the first day, you'll do a **Raisin Meditation**, for which you'll need two raisins and a glass of water. On the following days you'll do the **Body Scan Meditation**. The guidance for these is available through the menu above under "Practices" (on a smartphone, click on the menu icon just below the top banner). Below, you can see the link to the **Formal Practice sheet**, where you will be making brief notes about your practice. **NOTE:** If you will be completing this by hand, print the **PDF file**, but if you'd like to complete it on your computer, download the **WORD file**.

For the **Informal Practice** this week, it is suggested that you bring mindful awareness to some otherwise routine activity such as washing the dishes and/or eating a meal. At the end of each day, using the **Informal Practice sheet** you will be printing or downloading for this week (see below), take just five minutes or so to see if you can recall a daily activity which you brought awareness to that day.

Supplementary reading

In addition, each week will indicate some supplementary reading or viewing materials. These are not required. For this "week", if weight-loss and healthy eating are of interest, see **Introduction to Mindful Eating** by Michelle DuVal, and **The Mindfulness-Based Eating Solution** by Lynn Rossy. **Managing Anxiety with Mindfulness** by Rachel Green specifically addresses test anxiety.

Week 1 Materials

Video List *[with most browsers, once you start the first video, the others will follow automatically]*

- ☐ [The Power of Mindfulness](#) - Shauna Shapiro [13 min]
- ☐ [Don't Try to be Mindful](#) - Daron Larson [12 min]
- ☐ [Mindfulness and the Body](#) - Michelle Maldonado [10 min]
- ☐ [Befriending Our Bodies](#) - Jon Kabat-Zinn [4 min]
- ☐ [All Bodies are Beautiful](#) - Amy Pence-Brown [4 min]

Reading List *[print these for your manual or read them online]*

- ☐ [The Body Scan Meditation](#) - Jon Kabat-Zinn
- ☐ [10 Myths of Meditation](#) - Melissa Eisler
- ☐ [Mouthfuls of Mindfulness](#) - Jan Chozen Bays

Practice Sheets *[print PDF file or download WORD file to record your daily practices]*

- ☐ [Formal Practice PDF](#) or [WORD format](#) - **Raisin Meditation & Body Scan**
- ☐ [Informal Practice PDF](#) or [WORD format](#) - **Simple Awareness and/or Mindful Eating**

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic *[totally optional]*

- [Introduction to Mindful Eating](#) - video by Michelle DuVal [10 min]
- [Well-Nourished: Mindful Practices to Heal Your Relationship with Food](#) - book by Andrea Lieberstein
- [The Mindfulness-Based Eating Solution](#) - book by Lynn Rossy
- [What Would It Take for You to Be Still?](#) - article by Catherine Price
- [An Apple as Past, Present and Future](#) - video by Susan Kaiser Greenland [2 min]
- [Managing Anxiety with Mindfulness](#) - video by Rachel Green [15 min]

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 2](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 1

*Be sure to complete the **Questionnaire** in Step 1 of [Getting Started](#) before beginning*

FORMAL PRACTICE: Read [The Body Scan Meditation](#). On the first day, do the [Raisin Meditation](#) (have two raisins and a glass of water handy). For the next five days, do the [Body Scan](#). Don't expect to feel anything in particular from these practices. In fact, give up all expectations about it. Just let your experience be your experience. Audio guidance for the practices can be found through the top menu on any of the Palouse pages. **NOTE: One of your six formal practices can be one of the live meditations from a meeting listed on the [Zoom Meeting page](#).**

Record on this form each time you do a practice. In the comment field, put just a few words to remind you of your impressions of that particular practice: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. **It's important to write the comments immediately after the practice because it will be hard to reconstruct later.**

Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

INFORMAL PRACTICE: Each day this week, see if you can bring mindful awareness to some otherwise routine activity and record it on the [Informal Practice Log \(Simple Awareness\)](#).

Date	Formal Practice Comments (Raisin Meditation & Body Scan)
7th day & beyond is optional	

Informal Practice Log (Simple Awareness) – Week 1

*Be sure to complete the **Questionnaire** in **Step 1 of Getting Started** before beginning*

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

What was the situation? Where were you, who were you with, what were you doing?	What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?	What feelings, thoughts and sensations did you notice WHILE doing this mindfully?	What did you learn from doing this?	What feelings, thoughts and sensations are you noticing NOW as you write this?
EXAMPLE <i>Washing dishes after dinner.</i>	<i>I was feeling hurried, shoulders and stomach tense, thinking “I wish Chris hadn’t used so many dishes!”</i>	<i>I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.</i>	<i>Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting.</i>	<i>Feeling the support of the chair I’m sitting on, the feel of the pen, and feeling thankful that a long day is over.</i>
<i>7th day and beyond is optional</i>				