

TSD MINDFULNESS

OPEN AWARENESS

Open awareness is a practice in paying attention to what comes into our awareness, whether it is a sound, physical sensation, thought or an emotion. Ideally an advanced mindfulness meditator will use both single-pointed focus and open awareness at the same time. They might focus on their breath, while at the same time noticing what comes into their consciousness.

As you begin your open awareness practice, repeat the phrase, "I am noticing _____." Repeat this over and over the entire time you are practicing. Fill in the blank with any of the following...

The sound of my breath
Birds chirping
The fan blowing
An ache in my shoulder
Pressure under my legs

Tension in my neck
Thoughts about tasks
Thoughts about the past
Worry thoughts about my job
Rehearsing what I will say later

I am repeating what I said earlier
Frustration, anger, blame
Peace, gratitude, calm
Boredom, sleepiness
Joy, surrender, contentment

