

## First Foundation of Mindfulness: the Body Practice Guides

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During the next week, try out these exercises to get an idea of how they work for you.

- 1) Either during meditation or for a day, set the intention to try to let go of clinging. Then notice when that intention is called into action. Try not to judge when the clinging doesn't end right away. Just note when the intention is activated.
- 2) During meditation, know when you're breathing in, and out, noting if the breath is long or short. Then as you inhale and exhale, experience the entire body. Then let the body relax with each breath in and out.
- 3) Practice holding some attention on the breath (or some area of the body) throughout the day. Again, don't be concerned when you forget; just go back to trying to stay aware of how the body feels.
- 4) Observe the sensations of the body changing position (lying, standing and sitting) or moving around and doing activities.