

MEDITATION ON SENSATIONS OF COMFORT

This information sheet is to support your practice of meditating on the sensations of comfort. The purpose is to learn to embody the sensations of comfort.

With time this practice can help you experience more stability and create more safety and a greater sense of home.

Instruction

In your meditation:

1. Take your seat:

- Give yourself a moment to orient to what's around you (let your eyes wander, notice any sounds or smells or tastes, notice any sensations of breeze on skin or fabric against skin).
- Notice your bottom on chair/cushion. Legs or feet resting on the floor.
- Connect with some sense of what it is like to connect to the ground and earth (eg. solid, grounded, comfortable, etc..)
- Set your intention for this time.

2. Bring awareness to the sensations of comfort:

- Bring to mind a situation in which you experience a lot of comfort (often best if includes a trusted person or beloved animal)
- Notice what happens in your body that lets you know you feel comfortable and comforted.
- Now really soak up those sensations of comfort. Hang out with them for your meditation time.
- When you notice you've wandered away (shopping lists, etc...) just come back to the sensations of comfort.
- If you lose connection to them just return to the initial instruction of bringing to mind a situation that is comforting and then the sensations of that comfort.
- Really let these sensations fill your body and being.

3. From here either **stay with** these sensations for your meditation or move on to your **insight practice, Shamata calm abiding meditation** or other meditation practice as suits your needs.

NOTE: The purpose of this is to really work at the limbic system level, to **embody the sensations of comfort**, to keep building that felt sense of the safe garden of home. Therefore, **drop story** around any situations of comfort, just touch in on the sensations. Is fine to keep touching back in on images or whatever that help you stay connected to the sensations, but as a tool *for* the sensations.

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