

Awareness practices to help shift out of stress and into more ease INFOSHEET

Try these out, see if any of them feel even slightly interesting, pleasant, or useful. If so see how you can weave them into your day. Modify if you find a variation that works better for you!

1. Wordless Awareness

Allow your awareness to move from reading these words to hearing the sounds around you. What sounds are present, what is it like to open to them in this way? Notice anything that softens or becomes more spacious inside as you do this?

What sense of the sounds or of any spaciousness do you get?

Adapted from Loch Kelly's, "The Way of Effortless Mindfulness.", p.20

2. Body awareness

As you are walking (it could be walking from the car, or when moving around the house or at work) become aware of your feet on the ground, your arms moving, any sense you get of your body moving through space.

What happens when you do this? What do you notice about having some awareness of your body in this way? Does it help something come into more ease?

3. Noticing support

As you sit in a chair or lie in bed, notice the contact. Notice that the bed/chair is supporting you and asking nothing in return. Notice the solidity of it, that it is holding you. What happens as you give some attention to this solidity and support that is just here.

Note: You can also try this leaning up against a wall, or lying on the floor, even standing and noticing the solidity of the earth beneath you.



This information sheet was prepared by Chantal Jackson, 14 January 2022.

The information is derived from teachings from Somatic Experiencing, dance therapy, and Loch Kelly's "the Way of Effortless Mindfulness".

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