



# Creating Space Meditation

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Find a sitting position in a chair or a cushion. Ensure that the posture feels relaxed, centered, and dignified. Allow your eyes to close if that's comfortable for you, feeling the weight of your body where your feet or legs contact the ground and the points of contact your body makes with itself, maybe your hands.

Allowing yourself to gradually shifting from the doing mode to the being one, creating a space inside of yourself to welcome whatever experience might arise, cultivating openness, curiosity, acceptance, non-judgment, kindness, and letting go.

Now allow your attention to rest naturally on your breath. The in-breath, a slight pause, the out-breath. Noticing the movement of the breath inside of the body, choosing the area in which it can be easier to follow the breath, the nostrils, the chest, or the abdomen...

Simply noticing the rhythm of the breath without controlling or changing it....observing the sensations of the expansion and contraction any time you inhale and exhale.

Becoming aware of the sensations in your abdomen as the breath moves in and out of your body, noticing that your body knows what to do. Just observing as your body breaths, the slight stretching as your abdomen rises with each

in-breath and the gentle falling with each out-breath. As best you can, staying with each breath as it enters and leaves the body. Each time you notice that your mind has wandered off, simply notice where it is (maybe a thought, an emotion, a sound, or any other sensation) and gently letting go and refocusing your attention to the breath, no matter how many times you need to do that.

When you feel ready, allowing the breath to fade into the background of your experience and shifting your attention to the sensations in the body. Noticing all the different sensations that may be present in this moment: sensations of touch, pressure, tingling, pulsing, itching, or whatever it may be—spending a few moments exploring these sensations with the curiosity of the beginner’s mind.

No matter how many times you can get distracted by something else: a sound, an image, thoughts, emotions, etc..any time you notice where the attention goes, that is a moment of awareness, and you can gently re-focus the attention to the breath, to this breath.

If sensations are unusually intense or uncomfortable, bringing your awareness to these areas and seeing if you can stay with them, breathing into these areas, and exploring with gentleness and curiosity the detailed pattern of sensations: What do these sensations feel like? Do they change, or do they stay the same? Is there a way to experience this discomfort without resisting or fighting it? Noticing any reactions that arise and meeting whatever is here with kindness. If there is tension, softening those areas as best, you can. Seeing now if you can just allow whatever is here just to be... Sensing the spaciousness inside of yourself that can embrace all your experience, right here and right now.

Now allow your attention to shift from sensations to awareness of thoughts, seeing if you can notice the very next thought that arises in your mind. Then just watching each thought as it appears and passes away. If you notice yourself getting involved or lost in a thought, just observing that as well and gently bringing yourself back to the awareness of thinking. Letting go, beginning again each time you become involved in thought. If you notice your mind repeatedly getting lost in thoughts, you can always reconnect with the here and now by bringing your awareness back to the movements of the breath. Continuing to practice observing thoughts as they arise and pass for a

few more moments. What is the nature of your thoughts right now? Are they memories, fantasies, expectations, assumptions, judgments? Acknowledge them and label them as “thoughts,” not facts, and let them go as leaves flowing in the water of the river...

Gently shift your attention now from thoughts to an awareness of any emotions or feelings that might be present. Maybe sadness, frustration, restlessness. Whatever you notice. What is this emotion or feeling? Observe if you can soften this feeling by breathing into it and maybe opening up with curiosity. What does this emotion feel like? Where is it in the body? Maybe there are specific sensations that go with this emotion. Maybe there is tingling or tension somewhere. Maybe heaviness in the chest, or perhaps the heartbeat speeds up. Maybe there is warmth or pressure somewhere. Or maybe it's just a general sense that permeates the whole body.

Just see what you can notice. Acknowledging what's there and letting it be, embracing it with kindness.

In these last few moments, seeing if you can hold the whole body in awareness: the breath falling in and out of the body, the other sensations throughout the body' any thoughts that arise.

Let's try to stay with each moment, sensing it, tasting it with our senses, free from expectations and judgment, just here, just now.

Now when you feel ready, you can gently open your eyes and be back to the room.