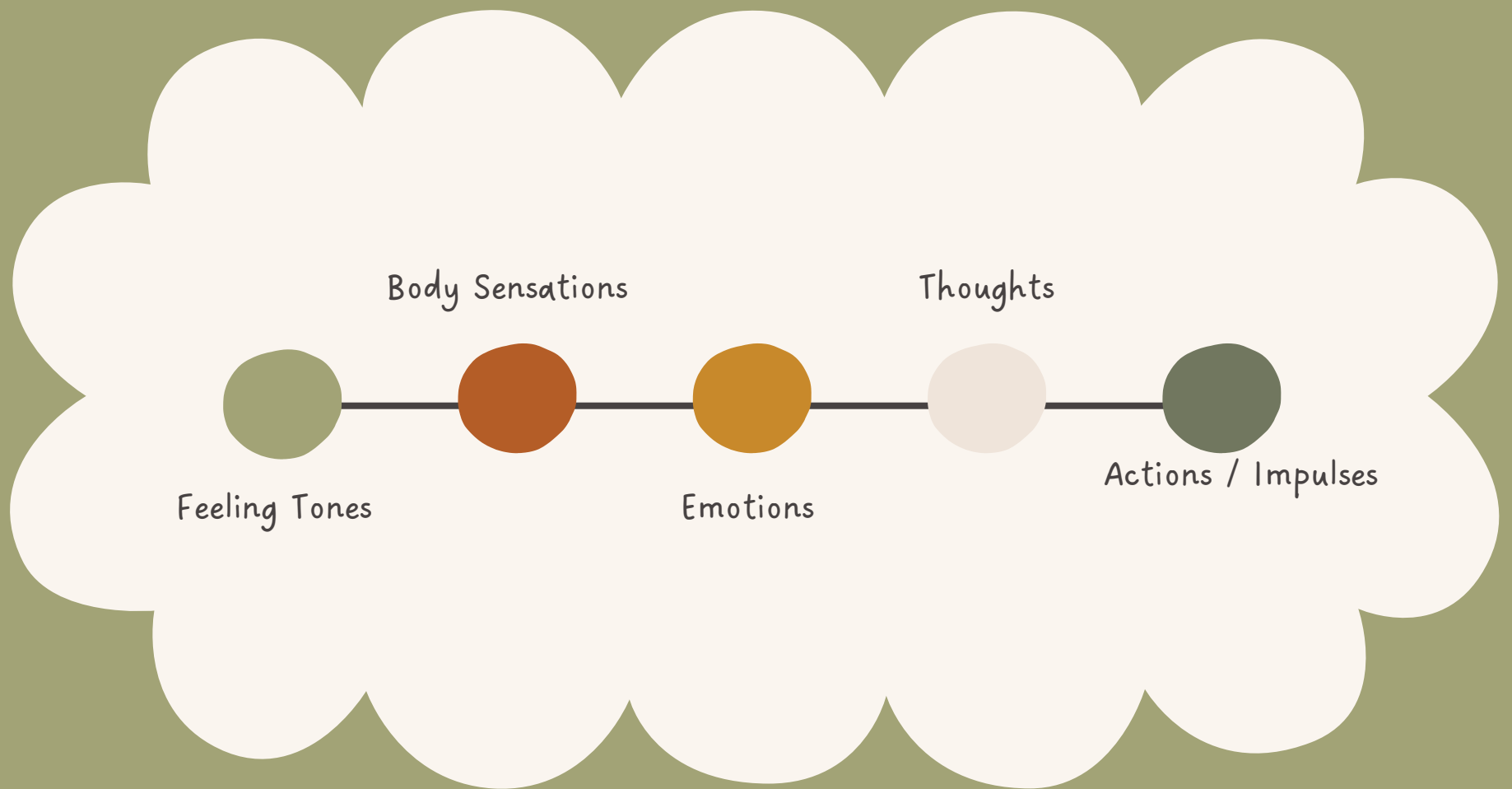


WHAT SHOWED UP?



During a formal mindfulness practice, you are asked to recognize, pay attention to, and trace your experience that showed up during the meditation.

Feeling tones

Noticing if what showed up was pleasant, unpleasant, or neutral. Or perhaps all three.

Body Sensations

Noticing if any sensations showed up in the body such as pain, coolness, warmth, itchiness, or calmness. Or perhaps no sensations at all.

Emotions

Did any emotions show up, what did they feel like, and how did you know you were experiencing those emotions?

Thoughts

What thoughts showed up? Was it planning, stories, memories, or ruminations?

Actions or impulses

Did you get the urge to stop meditating, the urge to stand up? Or did you open your eyes, or itch your arm during the meditation?

Noticing your moment-to-moment experience during meditation is what helps you to cultivate awareness in your day-to-day life.