

### **Exercise: Noticing That You Are Noticing**

Sit back in your chair and find a comfortable position. For a moment just allow your awareness to flow where it wants, settling on a thought or a feeling if it wants to, or moving on if it wants to. When you are ready, we would like to invite you to experiment with focussing your awareness on different parts of your experience. And as you do this, we will also invite you to just be aware that you are noticing these different experiences in the here and now.

*Notice the thoughts that are passing through your mind right at this moment. And notice that you are noticing.*

*Notice the sensations you can feel inside your body right now: any areas of tension or relaxation. And notice that you are noticing.*

*Notice any sounds that you can hear around you. And notice that you are noticing.*

*Notice any images that form in your mind. And notice that you are noticing.*

*Notice the rise and fall of your chest as you breathe in and out. And notice that you are noticing.*

*Notice the overall quality of your emotions right here and now. And notice that you are noticing.*

*Finally, allow your awareness to just flow where it wants, and to come to rest on whatever aspect of your experience it wants to. And as you notice whatever it is that your awareness chooses to focus on, also notice that you are noticing.*