

Attention to Body Sensation [Body – Felt Sense]

Reflection Questions

1. What do you sense in your body?
2. Where is the sensation in your body?
3. What level of intensity is the sensation?
4. What are the qualities of the sensation? Describe.
5. Where exactly do you feel it?
6. Where does it start and end?
7. Does it have a direction or flow?
8. What color is it?
9. What temperature is it?
10. How does it impact other parts of your body?
11. As it moves, does it feel coherent, smooth, sharp, jittery...?