

## Being Here Now with Sheila Goodfellow

*Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice.*

Hello and welcome to this guided mindfulness practice in Being Here Now.

So often we get caught up in thoughts of the past or the future, and the invitation is, for the next few minutes together, that we simply practice being here with what's before us right now, our present experience.

Let's draw our breath in together. Let's sigh it out. A breath in, a sigh out. One more. Just like that, let's check in with the physical body, and as we scan through the body, we'll simply notice what's going on.

Being curious. Not passing any judgement about things that are good or bad. Simply being curious about what can be felt where. And this might be a sensation like a pulsing or a tingling. Maybe it's the fabric or the clothing. It could be the elements, whether it's the warmth of the sun or the coolness of a breeze. Just being curious.

Curious about how the top of the head is feeling and the back of the head, the right side of the head and the right ear, left side of the head and left ear. Being curious about the face, the forehead. Any sensations there?

What about around the right eye or the left eye? The nose or the cheeks? Right and left? The lips? Chin and the jaw? Checking in with the neck, noticing shoulders right and left.

Being curious about any sensations in the right arm, the right hand, fingers and thumb. And what about the left arm, the left hand, fingers and thumb inviting awareness to drift into the torso. And being curious what's being felt here? Does anywhere feel tight or loose? Numb? Tingly?

What about in the chest or the belly? What can be felt on the backside of the torso, letting awareness sink down to notice hips, right and left side scanning down the length of the right leg. What can be felt here all the way into the foot and the toes? Scanning down the length of the left leg all the way into the foot and the toes, and taking a moment to look around. What can be seen directly in front of you.

What can be seen if you look up or look down to the right or to the left? What can you hear? What sounds can be heard, sounds close by? And what about sounds further away? What's the furthest way sound that can be heard? Are there any smells that can be detected?

Taking a broader vision, taking it all in everything that's happening right now in this moment.

Sensations in the body. Activities is going around externally. Taking it all in, allowing this moment to be just as it is. Being here now in this moment. Just this.

Taking a gentle breath in, letting this breath go.

Any time, you can practice being here now with a simple sigh, a simple check into the physical body or to check in with the surroundings.

May you be happy. May you be well. And may you enjoy the rest of your day.