

Self Inquiry 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.

Welcome to this practice. I invite you to begin to check in with a physical body. Noticing head, neck, shoulders, arms, and the torso. The hips, the legs and the feet.

Noticing the breath, the natural movement of the breath. Noticing anything else is arising. Allowing it to arise.

This might be a thoughts can might be a sensation or perception. Watching it rise, allowing it to be for however long it stays. Watching and go.

Noticing any thoughts, feelings, sensations that arise and allowing them to be - not trying to change or control anything. Allowing this experience to be just as it is in this moment. Just this.

Perhaps noticing how the sensation the feelings, these thoughts that arise. They're here for a period of time and then they're gone. Just like clouds on a windy day. They come and they go. And yet you remain.

So are you the thoughts? Are you the sensations?

As a thought, as a sensation arises, perhaps even inquiring who is aware of this thought. Who is aware of this sensation? Perhaps noticing the mind getting pulled in one direction or another or even several directions, and inquiring who is aware of these changing thoughts?

To whom is this thought or the sensation occurring? Who am I? Allowing anything that surfaces to surface. Witnessing it. Allowing it. Who am I?

You may continue to Inquire within. Who am I? This practice of self inquiry can continue on as long as you'd like gently inquiring within, Who am I?