

### **Undercover Meditation 1: Awareness of Body**

When experiencing stress try paying attention to one of your hands, See if you can shift from thinking: "these are my fingers" to directly sensing them as pulsing, throbbing, tingling, warm, cold or what ever that might be. You don't need to name the sensations.. This is also helpful thing to do when having a headache. Expand this attention to your whole body as you are sitting here. Then check in with yourself and your feelings of stress. Have they changed? Or not? How did this pause feel like? There are no right or wrong answers.

### **Undercover Meditation 2: Awareness of Feelings**

When under duress slowly paying attention to both of your hands. Try and do the same with your feet Paying attention to sensations. Is the experience pleasant unpleasant or neutral? Don't try to change the feelings. Just be aware of it together with the sensations. There is no need to change anything. Accepting things as they are as they have already happened or are happening. Can you try practicing this for a week. Noting if things are pleasant unpleasant or neutral. Neutral can be a new experience. There are no right or wrong feelings and there is no need to change anything.

### **Undercover Meditation 3: Awareness of Thinking: Open or Close Mind States**

When under duress slowly bringing your hands and feet together. Which thoughts are coming up? What is the state of your mind? Is it contracted, distracted? Or at ease and open? Or anything else. Does it stay the same? Or does it shift? There are no right or wrong feelings and there is no need to change anything.

### **Undercover Meditation 4: Awareness of Experiences: Self-Compassion and Loving Kindness**

When under duress slowly bringing attention to your hands this time placing them in such a way that they are in touch with another part of your body. Both palms flat on your thighs, or on the belly area, on your heart on one hand on your heart and one on the belly area. Or if you wish you can lace your fingers together. The perhaps acknowledging the challenge that the duress is bringing on for you. Maybe acknowledging your and the others suffering – if that is not too much of a strong words. Then again feeling the sensations in your hands or feet. Now if possible experiencing some self-compassion or some loving kindness towards the source of your duress. Whatever is possible. Noting what feelings arise. anger, doubt or shame, joy, happiness or equanimity and turning toward them with compassion.

May you experience your life with ease. Noah Hass-Cohen, Fall 2014.