

# Wheel of Awareness – Meditation resource sheet



## 1. **Find a comfortable position in a quiet spot where you can start this activity**

Position yourself to feel comfortable. This could be crossed legged on the floor, or you might sit on a chair, or cushion or bean bag. Ensure your spine is straight and long and that your shoulders drop and are loose. Try to relax. Rest your hands in a comfortable position which might be resting in your lap. You might like to close your eyes to allow you to focus your attention.

## 2. **Focus on your breathing**

Take time to focus on your breathing. You do not need to make any changes to how you would breathe normally, but this is time to focus and notice your breath. Once you are happy, try to maintain this breathing rhythm throughout the task and move onto the next step.

## 3. **Visualise the wheel**

This is the time to visualise the wheel. Imagine a centre to the wheel (known as the 'hub') and four sections (quarters) surrounding it, with an outer circle to encompass them. Over the steps that follow, you will focus on each part of your wheel in turn.

## 4. **Section 1: Connect to the senses**

Visualise the top right-hand section of your wheel. This is where your five senses come in. What can you hear, smell, taste, touch and see (gently open your eyes) in your proximity without moving or leaving your breathing zone? Focus on these for a moment taking each in turn.

## 5. **Section 2: Connect to your bodily sensations**

Bring your mind back to the wheel as a whole and now focus in on the section that is top-left. This is the second section of your wheel where you will explore your 'sixth sense'. This focuses on the inner sensations of your body. Take your time to scan through and note any tingling, heat, tension etc. Move through all the parts of the body as you scan.

## 6. **Section 3: Mental activities**

Moving on now to the 3rd section, which is bottom left, this is where we focus on emotions, thoughts, memories, hopes, beliefs, dreams and attitudes. Tune in to these things. What thoughts are passing through your mind? What feelings are connecting with? Do those feelings come all at once? Or are they a gradual process? Do they come and go? Allow yourself a moment to process the information you are gathering.

## 7. **The Hub: Awareness of awareness**

Take a moment for a deep breath. Bring your attention to the centre of the wheel - 'the hub'. This is where your awareness stems from. This is all about you: the place where you process everything that you have already noticed so far; the part of you that is observing, listening, looking, focusing and sensing. Allow yourself enough time to process this, as it is something that happens naturally.

## 8. **Section 4: Connect to others**

Now go to the fourth section of your wheel, bottom right. This is where we connect to the outside world. First, notice the sense of connection to the people physically closest to you right now. Then, expand this sense of connection to people further away. Tap into your sense of connection to your loved ones, wherever they may be right now. Then, widen your sense of connection step-by-step to include those who live in your neighbourhood, city, country, continent, in across the world. Think about all of the communities with which you have connections. Finally widen your connection to all living beings on earth.

## 9. **Ground yourself**

Allow yourself to bring your attention back to your breathing, just as we started in the beginning of this process. You might like to take a few deep, slow breaths here, to ground yourself back into this moment. Then, when you are ready, gently open the eyes.