

## Three Sensory Awareness Meditations

Judyth O. Weaver

SENSORY AWARENESS is the name Charlotte Selver gave her work as she taught in the United States. Her teacher, Elsa Gindler, hadn't named it at all.

It is the practice of becoming more aware, of paying attention, of being "more fully here" for whatever is happening. It supports us in being more responsive and authentic...in rediscovering our whole, true selves.

*Sensory Awareness* has influenced and been incorporated into many varied forms of somatic psychotherapies, body/mind practices, and meditations.

The sensory awareness meditations can be found on pages 12, 133, and 228.

International Body Psychotherapy Journal *The Art and Science of Somatic Praxis*  
Volume 18, Number 2, Fall/Winter 2019/20 pp. 11-12  
ISSN 2169-4745 Printing, ISSN 2168-1279 Online  
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**Judyth O. Weaver, PhD** in Reichian Psychology, taught at the California Institute of Integral Studies, San Francisco, CA, for 25 years. She is founding faculty at Naropa Institute, now Naropa University, Boulder, CO, where in the 1970s she created its T'ai Chi Ch'uan program. Co-founder of Santa Barbara Graduate Institute, she is the creator and founding chair of its PhD Program in Somatic Psychology. She is certified in Reichian Therapy, Somatic Experiencing®, massage, Biodynamic Craniosacral Therapy, Pre- and Perinatal Therapy, and as a senior teacher of T'ai Chi Ch'uan, Rosen Method, and Sensory Awareness, which she began studying in 1968. In 2016 and 2018, Judyth offered pre-congress workshops at the EABP Conferences, and she is honored to have been the Lifetime Achievement Awardee at the 2018 USABP Conference.

*Judyth O. Weaver*

## SOMATIC MEDITATION 1

*The following are questions for inquiry; there are no wrong answers.*

As you hold this object and look at the material, of what are you aware?  
What do you notice in yourself?

Are you aware of the weight of what you're holding?  
of its texture?  
is the surface cold or warm?

What is the sensation, if any, of your own weight?  
of your own temperature?

Whether you are sitting or standing or lying,  
do you feel the support of whatever is under you?  
Are you allowing yourself to be supported?  
Or are you holding yourself up?  
Could you allow yourself to be more supported?

How do you experience your muscles?  
Are they contracted? Soft?

How do you experience your breathing right now?  
Right now?  
And again, right now?  
Where do you sense your breath?