

## **Accompanying text to the Meditation on the 12 Body Spaces**

### **Meditation on the 12 Body Spaces**

A guided meditation of about 30 minutes

This guided meditation is about bringing into your awareness the physical body as a space. By delving into these body spaces you will quickly experience a deep calm. This meditation is therefore an ideal introduction for anyone who would like to meditate but finds it difficult to stay seated for long. It is equally suited for experienced meditators who would like to use the passage through the 12 body spaces for leaving behind the tension and rush of everyday life and entering into meditation.

One of the effects of meditation is the discovery and cultivation of one's body space. We need this space as a counterbalance to our emotional reactions that are entangled with the 'outside' world (even though they happen within us). If our awareness of a warm and stable space within us is well developed, it will become easier to recognise our emotional entanglement, and to release step-by-step our identification with and dependency on our emotional reactions. This guided meditation promotes the discovery and cultivation of the body spaces within us.

The meditation comprises two parts and a conclusion, in total it takes just over 30 minutes. While each of the two parts scans through your entire body, the first part provides more guidance so that the intention of the meditation becomes clearer. The second part is a repetition of the first, but with fewer words, and assumes that you are familiar with the more detailed first part of the meditation.

*Both parts and the conclusion can be used according to your needs. Once downloaded you can re-compile the sections in a music programme on your computer. You can leave both parts as they are (longer part 1 and shorter part 2), or you can practice the two parts according to your needs and preferences: with more guidance (longer part 1 twice) or less guidance (shorter part 2 twice). Another option is to use only one part together with the concluding part of the meditation. It is recommended to begin with the more detailed version (part 1) so as to become more familiar with the sequence and intention of the meditation.*