

HANDOUT 2

TOUCH POINTS

- Start by sitting comfortably, assuming a posture of dignity with your spine erect and your feet touching the ground. Eyes can be slightly open with a soft gaze or gently closed.
 - Take three or four breaths to let the mind and body settle and come into the present moment.
 - Notice the places where your body is “touching”—the eyelids touching, the lips touching, the hands touching, the sitting bones touching, the backs of the knees touching the chair, and the feet touching the ground.
 - Repeat the sequence, finding a comfortable rhythm—attending to eyes touching, lips touching, hands touching, sitting bones touching, knees touching, feet touching. Note these touch points silently to yourself if it helps you focus.
 - If you get distracted, no problem, no blame—just start again.
 - When you are ready, take a deep breath, stretch, wiggle your fingers and toes, rotate your wrists and ankles, and open your eyes if they have been closed. Try to extend focused attention into your next activity.
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