

# Mindful Awareness

## Proprioceptive

Perception of the body's position and movement in space

**Orientation**  
**Movement**  
**Position**  
**Balance**

**Practice**  
Mindful Movement

**Interoceptive**  
Focused attention on internal sensations and bodily processes.

**Breathing**  
**Heartbeat**  
**Muscular**  
**Visceral**

**Practices**  
Breath Awareness  
Body and Breath  
Body Scan

## Exteroceptive

Focused attention on external environment stimuli & sensations

**Sounds**  
**Smells**  
**Sights**  
**Touch**

**Practice**  
Mindful Walk

## Emotional

Recognition and acceptance of our emotional states

**Feeling tone**  
**Sentiment**  
**Emotions**  
**Mood**

**Practice**  
Self-Compassion

## Cognitive

Non-judgemental awareness of our thought patterns

**Rumination**  
**Wandering**  
**Thinking**  
**Worry**

**Practice**  
Open-Awareness



Waking Waves

# Awareness And Being

**L Cohen**



**Awareness And Being:**

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