This is Patrice Rancour for Ohio State University’s Your Plan for Health. We are bringing you this guided imagery exercise to promote your health and well-being. So close your eyes and remember: all you have to do is breathe. This self-awareness exercise has been adapted from the work of Piero Ferrucci. Put yourself into a comfortable position. Close your eyes and take a deep breath. This is the signal breath which signals to yourself that you are moving into a time and space set aside just for you. All subsequent breaths will be breathed normally, consciously, and with awareness. Watch as the belly rises and falls with each breath. Breathing softly, gently, rhythmically. Bring your awareness to the level of physical sensation in the body. Nothing to change, nothing to judge, just noticing physical sensations in the body. With your next breath notice if there are any points of discomfort, tension, or pain in the body. Nothing to change or judge about these points, simply noticing them. As you continue to breathe, notice as well if there are any areas of the body that feel relaxed or comfortable. Nothing to change, nothing to judge about any areas of the body, just the mere notice of them. As you continue to breathe notice the pressure points between the body and whatever is supporting it. Nothing to change nothing to judge, merely noticing the pressure points between the body and what is supporting it. Continuing to breathe, notice if there are various temperature gradients in the body. Parts of the body that may feel warmer, parts of the body that may feel cooler. Nothing to change, nothing to judge, merely noticing the various temperature gradients floating throughout the body. As you continue to breathe, notice the sounds around you. Nothing to change, nothing to judge, merely noticing the act of hearing. Continuing to breathe, notice any fragrances or odors. Nothing to change or judge about them, just notice the act of smelling. As you continue to breathe, bring your awareness now to the level of feelings being experienced. Consider what the primary emotional experience in your life is and just notice without judgement or the need for it to be different. Whether it be fear or love, boredom or anxiety, peacefulness or anger. Nothing to change, nothing to judge. Just notice wherever these emotional feelings may reside in the body. Notice if there is a primary one and if it attaches somewhere to the physical body, notice that too. Nothing to change, nothing to judge, just merely noticing it. Notice if it presents in a certain shape, this feeling, a certain size, if it has a color or a texture. Notice if it makes a sound and if it does, does it have a voice? And if it has a voice, what does it say to you? Again, nothing to change, nothing to judge. As you continue to breathe allow your conscious awareness now to come to the level of thoughts being experienced. Nothing to change or judge about any of the thoughts. Just detach yourself from them and watch them come and go as they please, seeming to have a life of their own. Watch them as if they were a movie up on a movie screen because right now all you have to do is breathe. And as you continue to breathe, consider the following questions: Who is this? Who has a body yet is not the body? Who is this? Who has feelings, yet is really not the feelings? Who is this? Who has thoughts, yet is not the thoughts? Who is this space through which all these variously changing physical sensations, feelings, and thoughts flow through like so many bubbles in a stream? Consider yourself as pure, conscious awareness. And know that you have the power to come from this place any time you wish and that the only thing you need to do to trigger this experience is to take that initial signal breath.