



How to Respond to the Urge to Move When You Meditate

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Step 1: Notice It

What is arising?

Where in your body do you feel it?

What exactly is telling your body
that it should move?



Step 2: Avoid Judging the Experience (or Yourself)

Uncomfortable feelings are part of life and meditation practice.



If you notice judgment arising, that's normal too.

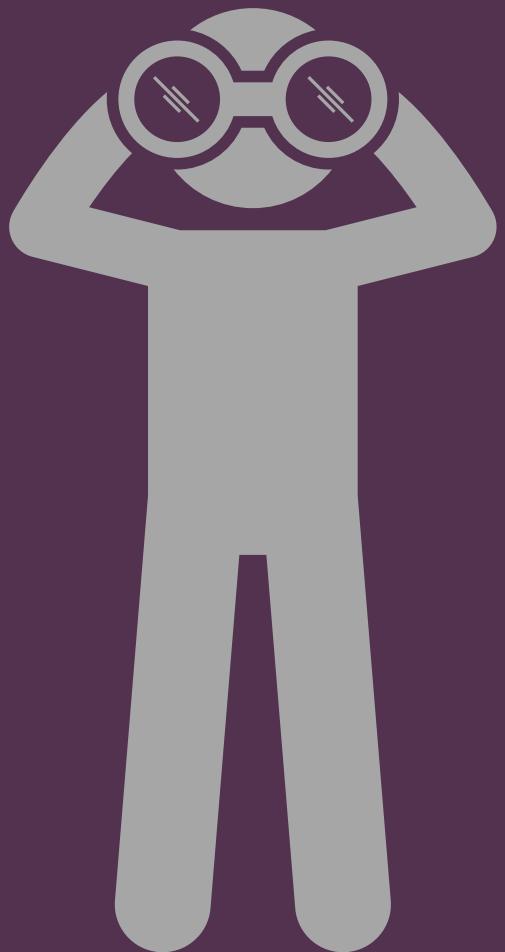
Where possible, let go of judgment so you can experience what's really happening.

Step 3: Observe the Experience

Just watch what happens, whether it is for a few seconds or several minutes.

Notice how thoughts/sensations arise and end and change or shift.

If this is very difficult, you can use your breath as an anchor to give yourself a rest from the experience.



Step 4: Give Yourself What You Need

Do you need to offer yourself compassion?

Do you need to just let yourself move?

Do you need to just recognize that you
didn't need to move at all?

Do you need to recognize yourself for
sitting with this experience?

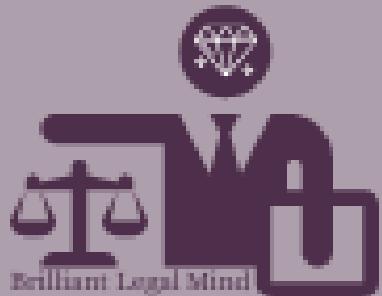
Step 5: Go Back to Your Focal Point

Steps 1-4 could take a few moments or several minutes, depending on what arises.

Regardless of how long it takes, just go back to your focal point when the urge to move is resolved.

If possible, do this without judgment about how long or how well you handled the experience.

Meditation isn't just sitting still.
It is the practice of finding
stillness in the motion of life.



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