



Introduction to Somatic Meditation

A PRACTICE BASED COURSE

5 Lessons with guided meditations.

[SomaticRiver.com](https://www.SomaticRiver.com)

Contents

3 WELCOME

4 OVERVIEW

5 LESSON 1

6 LESSON 2

7 LESSON 3

8 LESSON 4

9 LESSON 5

Welcome to the course

Welcome to "Introduction to Somatic Meditation"! This free course can be the first step on a life-long adventure into awakening, where you will discover how to put aside the ego-driven, disaster-prone thinking mind and learn to live from a deeper and more meaningful centre of calmness and certainty: your Somatic being.



Overview

INTRODUCTION TO SOMATIC MEDITATION

This free course introduces somatic meditation as a lived, embodied process of awareness, drawing on Tibetan Buddhist contemplative frameworks. You will learn to experience the body as a field of intelligence, presence, and insight—rather than as an object to control or escape. Emphasis is placed on direct experience, gentle inquiry, and integration into daily life.

Learning Outcomes

By the end of the course, you will be able to:

- Understand somatic meditation through Tibetan Buddhist views of body, mind, and awareness
- Practice embodied mindfulness using breath, posture, and sensation
- Recognize and experience the relationship between somatic awareness and emotional regulation
- Work effectively with discomfort and habitual patterns
- Integrate somatic presence into daily life

01

Lesson 1

FOUNDATIONS OF SOMATIC AWARENESS

The Body as a Field of Awareness

In this lesson, we introduce somatic meditation as a practice of embodied awareness. Rather than treating the body as something separate from the mind, somatic meditation recognizes that attention, sensation, and emotional tone are deeply interconnected. When attention is disconnected from the body, awareness often becomes abstract, restless, or overly cognitive. By contrast, grounding awareness in physical sensation stabilizes attention and brings it into the present moment.

We explore the idea that the body is not merely an object we observe, but a living process we experience from within. Sensation offers immediate feedback about how we are relating to experience—whether we are tense, open, withdrawn, or settled. Learning to rest attention in bodily sensation helps interrupt habitual thinking and builds a foundation for emotional regulation and clarity.

This lesson emphasizes direct experience over analysis. You are guided to notice the difference between thinking about your body and actually feeling it. This distinction becomes central to all later practices in the course.

Learning Outcomes

After completing this lesson, you will be able to:

- Describe somatic meditation in your own words
- Differentiate between conceptual awareness and sensory awareness
- Identify basic bodily sensations associated with presence and grounding
- Begin your somatic awareness practice

02

Lesson 2

BREATH, REGULATION, AND SUBTLE SENSATION

Breath as a Bridge Between Body and Mind

This lesson focuses on breath as a natural point of connection between physical sensation, emotional tone, and attention. Breath is always present, continuously changing, and closely linked to stress, calm, and mental clarity. By learning to feel the breath in the body, you will gain a practical tool for regulation that does not rely on force or control.

Rather than using breath to suppress emotion or “calm down,” somatic meditation emphasizes feeling breath as movement and rhythm. This approach supports nervous system balance indirectly. You will discover that when awareness stays connected to breath sensation, emotional intensity often reorganizes on its own.

The lesson also introduces the idea that agitation and calm are embodied states. Breath awareness provides a way to recognize and respond to these states early, before they escalate into reactive patterns

Learning Outcomes

After completing this lesson, you will be able to:

- Understand how breath relates to emotional and attentional states
- Identify where breath is felt most clearly in their body
- Practice breath awareness without deliberate control
- Recognize changes in internal state through breath sensation



Lesson 3

SOMATIC MINDFULNESS OF EMOTION

Emotions as Embodied Processes

In this lesson, emotions are approached not as fixed psychological traits, but as temporary, embodied experiences. Emotions show up in the body as sensations—tightness, warmth, pressure, or movement—often before we form stories about them. Somatic meditation trains attention to recognize emotions at this sensory level.

By staying with sensation rather than immediately interpreting or reacting, students learn to relate to emotions with greater stability and curiosity. This does not mean suppressing feelings or analyzing them away, but allowing them to unfold without escalation. Over time, this builds emotional resilience and reduces reactivity

The lesson also highlights avoidance patterns—such as distraction or overthinking—and how the body reveals when attention is pulling away from experience

Learning Outcomes

After completing this lesson, you will be able to:

- Identify emotions as patterns of bodily sensation
- Practice staying present with mild emotional discomfort
- Process and neutralise negative emotions
- Deepen your somatic practice

04

Lesson 4

OPEN AWARENESS AND NON-INTERFERENCE

Resting with Experience as It Is

This lesson introduces a more open form of somatic awareness, where attention is not narrowly focused but inclusive and receptive. Rather than trying to improve experience, students practice allowing sensations, thoughts, and emotions to arise and pass without interference.

The emphasis is on recognizing that awareness itself does not need to be managed. Sensations change naturally when they are not resisted or manipulated. This approach reduces effort and supports insight into impermanence and change.

Students are encouraged to notice the difference between effortful attention and receptive presence. This lesson often brings a sense of ease and spaciousness, even when experience is complex.

Learning Outcomes

After completing this lesson, you will be able to:

- Practice open somatic awareness without fixation
- Experience the effects of non-interference on sensation and attention
- Recognize effort and release it when possible
- Rest with experience without needing to change it

05

Lesson 5

INTEGRATION AND EVERYDAY EMBODIMENT

Continuity of Awareness in Daily Life

The final lesson focuses on integrating somatic awareness into everyday activities. Meditation is framed not as a special activity separate from life, but as a way of relating to experience moment by moment. Because the body is always present, it becomes a reliable anchor for awareness during movement, work, and interaction.

You will learn simple “micro-practices” that can be used throughout the day —brief check-ins that reconnect attention with sensation. Over time, these moments support better self-regulation, clearer communication, and more intentional action.

The lesson concludes by emphasizing that consistency matters more than intensity. Small, repeated moments of embodied awareness build meaningful change.

Learning Outcomes

After completing this lesson, you will be able to:

- Apply somatic awareness during daily activities
- Design your personal, sustainable somatic practice
- Explain how embodiment supports ethical and relational awareness
- Experience continuity of practice as a daily reality

“The body is the most direct and perfect path to profound spiritual transformation. It is through our body that we can connect with the inherent, self-existing wakefulness already present within. The body is always in a profound state of being – all we need to do is access what already exists and abides.”

REGGIE RAY