

Notice your hand

Try to approach this exercise with a curious attitude. Look at your hand as if you were a little child who's never seen hands before. As if you were noticing your hand for the first time in your life.

Raise one hand in front of you so that you can see your palm. Start by examining the shape of the hand. Trace the outline of your hand in your mind. Start at the base of your thumb and then draw along the outline around each finger in your mind.

Notice the shapes of the fingers and spaces between the fingers. Observe how your hand narrows at the wrist.

Notice the colour of your skin. Observe how it is not just a single colour. Observe the different tones, shadows, and spots.

Now, very slowly, spread your fingers and stretch them as far as you can. Notice how the colour of the skin appears to change. Then slowly relax your fingers and notice how the colour changes again.

Then focus on the lines on your palm. Observe the shapes that the lines create when they encounter each other and part. Notice how the smaller lines merge into large grooves.

Next, focus your attention on one fingertip. Observe the spiral shape on the fingertip. The shape of your fingerprint. Observe how it is not clearly defined, and instead continues along your finger. Follow the shape for as long as you can.

Then bring together your little finger and your thumb. Observe how the palm wrinkles. Open your fingers and observe how the skin of the palm returns to its shape.

Then turn your hand sideways. Observe the point at which the skin changes between the palm and the back of your hand. Notice how there is a kind of line on the side of the index finger where these types of skin meet.

Turn your hand so the back of your hand is facing upwards. Observe the skin on the back of your hand. Observe moles, scars, dry skin, and other details on the back of your hand. Notice how the skin passes over the blood vessels.

Notice the knuckles, their shape and how the skin stretches over them. Notice the light points and the shadows on the knuckles.

Make a fist and observe what happens to your knuckles. Observe their colour and how they stand out. Slowly unclench your fist and observe the change. Notice how the knuckles almost disappear from sight.

Then look at one of your fingernails. Observe the surface and texture of the nail. Observe the different colours on the nail. Notice how the fingernail disappears under the skin. Notice the cuticle that separates the skin and the nail from each other.

Slowly and gently move your fingers up and down. Observe the tendons moving under the skin on the back of your hand.

When you are ready, focus back on the present moment and room you are now in.



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YouTube video of the exercise

https://youtu.be/iQ2_e9dGec



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