

FIVEPALM MEDITATION GUIDE

This guide provides a detailed overview of the FivePalm technique, which you can use both in isolated meditation sessions and in real-time situations where you need to regain focus and calm.

Start by dedicating 5-10 minutes to this practice. Sit in a quiet place where you won't be disturbed. It's recommended that you practice it at least 3-5 times per week.

Use the mnemonic of your fingers to guide you through the meditation, spending at least a minute on each finger.

OVERVIEW OF THE FIVEPALM TECHNIQUE

The FivePalm technique uses the fingers of your hand as a mnemonic device to guide your meditation practice. Each finger represents a specific focus area or step in the process.

Thumb – Base

Focus on grounding your body. Feel your body's connection to the chair/ground.

Index Finger – Pointing

Align your body and perform a body scan. Imagine a string pulling you upward.

Middle Finger – Core

Focus on your breathing. Return to your breath whenever your mind wanders.

Ring Finger – Noting

When distracted, simply note “thinking”, ‘sensing’, or ‘feeling’ without attaching stories.

Magic Moment: The moment you notice your mind has wandered. This moment is not a failing but *why* you practice.

Little Finger – Return

Gently note any distractions and return to your breathing. Speak with compassion versus criticism. Use ‘*CBD Oil*’ - “Come Back Darling” to gently return to your focus.

DETAILED DESCRIPTION

THUMB – BASE

Focus: Grounding your body.

Purpose: To connect with your physical base and bring awareness to your body's contact points with surfaces (e.g., feet on the floor, buttocks on a chair).

How To: Begin by sitting comfortably with your feet flat on the floor and your hands resting on your lap. Bring your awareness to the points where your body touches the surfaces around you. Feel the weight of your body pressing into the chair or the floor. Take a moment to fully experience this grounding sensation, which serves as your foundation for the meditation.

INDEX FINGER – POINTING

Focus: Alignment and body scan.

Purpose: To align your body and scan for tension or sensations.

How To: After grounding yourself, mentally align your body as if a string is gently pulling you up from the top of your head. Imagine an MRI scanner slowly moving down from your head to your toes. As you mentally scan your body, notice any areas of tension or relaxation. Initially, just note if areas feel tight or loose. Over time, you can deepen your awareness of specific sensations.

MIDDLE FINGER – CORE

Focus: Breathing and core awareness.

Purpose: To anchor your focus on your breath, returning to it whenever your mind wanders.

How To: Shift your focus to your breathing. Feel the rise and fall of your abdomen or chest as you breathe in and out. If your mind drifts away from your breath, gently bring it back without judgment. This moment of awareness is crucial and should be handled with kindness.

RING FINGER – NOTING

Focus: Thoughts, feelings and sensations.

Purpose: To note distractions gently.

How To: Whenever a thought, sensation, or emotion arises that pulls you away from your breath, simply note it. For example, you might label it as “thought,” “emotion,” or “sensation.” The metaphor to keep in mind is a feather brushing a bubble—light, gentle, and non-intrusive. Note the distraction, then softly guide your attention back to your breath.

LITTLE FINGER – RETURN

Focus: A gentle return.

Purpose: Return to the point of focus with compassion

How To:

THE MAGIC MOMENT

One of the key aspects of this meditation is what Rohit refers to as the "Magic Moment"—the instant you realize your mind has wandered from the breath. This is not a failure but a moment of awareness. How you respond to this moment is crucial. Instead of self-criticism, gently guide yourself back to the breath with kindness.

CBD

In this moment, use “CBD” which stands for “Come Back Darling.” This kind and loving phrase serves as a gentle reminder to bring your attention back to your breath or body without self-criticism.

ADVANCED PRACTICE:

As you become more comfortable, increase the duration to 20-30 minutes.

You can also use the FivePalm technique in real-time situations to quickly center yourself by mentally running through the five steps.

APP RECOMMENDATIONS:

To support your meditation practice, here are some apps that can enhance your experience with the FivePalm technique:

Headspace: Provides structured meditation courses and has sessions specifically designed for beginners, which can be useful as you establish your practice. Uses a format of meditation very similar to the FivePalm technique.

Insight Timer: Offers a wide variety of guided meditations and **customizable timers**, perfect for integrating the FivePalm practice into your daily routine.