

How to Practice the 32 Parts of the Body Meditation

To practice the 32 Parts of the Body Meditation, begin by reciting each part in each grouping verbally and then silently, you must also know the color, shape, location, direction, and delimitation (what it is bordered by). It is also helpful to know each parts definition and function.

Do this practice for 5 days a week for at least 30 minutes. The parts of the body are recited in various formations ranging from forward, backward, and then forward and backward – please see 33-week outline at <http://www.32parts.com>

Be mindful and acknowledge what may emerge or arise within you physically, mentally and emotionally when you present to each part.

Begin each practice with mindful breathing to calm and center the body and mind and then proceed to each part. Please end with a short lovingkindness meditation. Begin extending lovingkindness to oneself and then reflect upon how our body is the only one we will ever have, it is the vessel in which we live within, on the path to freedom and then gradually expand lovingkindness to all living embodied beings.

To read the definitions of the parts or listen to guided meditations and Dharma talks, please go to: <http://www.32parts.com>

The 32 Parts:

Head hair, Body hair, Nails, Teeth, Skin
(Kesa, Loma, Nakkha, Danta, Taco)

Flesh, Sinews, Bones, Bone Marrow, Kidneys
(Masam, Naharu, Atthi, Atthiminjam, Vakkam)

Heart, Liver, Diaphragm, Spleen, Lungs
(Hadayam, Yakanam, Kilomakam, Pihakam, Papphasam)

Large Intestines, Small Intestines, Stomach, Feces, Brain
(Antam, Antagunam, Udariam, Kerisam, Mattagunam)

Bile, Phlegm, Pus, Blood, Sweat, Fat
(Pittam, Semhan, Pubbo, Lohitam, Sedo, Medo)

Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine
(Assu, Vasa, Kelo, Singhanika, Lasika, Muttam)