

How to Practice the 32 Parts of the Body Meditation

We would like you to get some experience with the 32 Parts of the Body Meditation. Our suggestion is to practice each group for a week:

Week I:	Introduction
Week II:	Head hair, Body hair, Nails, Teeth, Skin
Week III:	Flesh, Sinews, Bones, Bone Marrow, Kidneys
Week IV:	Heart, Liver, Diaphragm, Spleen, Lungs
Week V:	Large Intestines, Small Intestines, Stomach, Feces, Brain
Week VI:	Bile, Phlegm, Pus, Blood, Sweat, Fat
Week VII:	Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine
Week VIII:	Closing of the Class

Begin by reciting each group of parts 5 times 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 or more days a week for at least 30 minutes. Be mindful and acknowledge whatever you experience physically, mentally and emotionally when you present to each part.

It is helpful to start 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 embodied beings.

You are welcome to listen to a guided meditation for each of group of parts at <http://32parts.com/practice.html> There are also the definitions and functions of the parts as well as other practice suggestions for the 32 Parts of the Body Meditation.

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)