

10-MINUTE BODY SCAN SCRIPT

Hi and welcome to the body scan practice, you can either do this sitting or lying down. This is an internal practice so you are welcome to close your eyes while doing this practice, or keep a dull gaze towards the floor or the ceiling so that you are not staring at anyone.

So beginning by taking a few deep breaths, this is meant to transition you from where you were to where you are now. And we can now welcome ourselves to this moment. So now do a brief mindful check in, getting a sense of the positioning of your body, becoming aware at this time of the day in this moment how your body is feeling, noticing if there is any tension or tightness anywhere. And also being aware of how you are feeling emotionally at this moment. Is there a sense of calm, or frustration or restlessness, or perhaps there is a lightness or a neutral feeling.

We can also get a sense of how the mind is doing in this moment, if it is very busy or is it calm, if the mind seems restless or grounded, none of this is about judgment but about getting to know where we are starting from. Pause.

And so also beginning to get a sense of the breath, and we may choose to bring a beginners mind to this practice, notice where you are aware of the breath most prominently in this moment, perhaps it is in the nose or the nostrils, perhaps the chest or the abdomen, and so breathing in. Noticing this breath as if for the first time, this inhalation and breathing out as if for the first time. Just resting awareness on the breath, as it comes in and as it goes out, breath by breath. Pause.

And in a moment we will begin the body scan practice, and we will notice sensation, there may be tingling at one point, heaviness or lightness, itchiness, warmth or coolness, pressure pulsing, maybe a whole array of sensations that are occurring in the body. Our work is to notice these sensations and be curious about them. As if it is the first time we are noticing these sensations at all. Pause.

And so beginning by bringing attention to the feet, noticing sensations in the soles of the feet, the toes, the top of the feet, and up until the ankle joints. Bringing awareness to the feet and the ankles, and whatever is being experienced just allowing it and letting it be. Now bringing attention up from the feet and ankles and intentionally moving the awareness up into the legs. Noticing any feelings in the calves, shins, knees, hamstrings, quadriceps, feeling into the entirety of the legs. With a sense of curiosity, almost as if your mind was inhabiting the legs, and if there is no feeling at all, then just being curious to notice what it is like to have no feeling at all. Pause.

Now shifting up from there, into the hips, noticing how with intention you can move your awareness at will, now moving the attention to the hips, there is no need to analyse what is happening, simply noticing things as they are. Finally a moment in the day when you do not need to analyse and you can just let things be, just as they are in the hip region and letting be. Noticing each sensation.

Now once again in the space of awareness, moving the attention up from there into the torso. Noticing sensations in the back, lower back, upper back and at the same time in chest and the abdomen. Knowing that this torso is home of ventilation in the lungs, and circulation in the heart, digestion in the stomach. And for many of us also a place where we hold many emotions; anxiousness, restlessness, frustration, joy and calm. So just spending a few moments with this torso region, feeling into what's here, and just letting be.

Long Pause.

And now again in the space of awareness, intentionally choosing to shift awareness from the torso into the arms and hands. Feeling into the arms and hands, starting from the shoulders, and then your; biceps, triceps, forearms, wrists, hands and fingers. Perhaps being aware that you have arms at all. Sensing into the arms and hands. Pause.

And now choosing awareness up from there into the neck, and from the neck to the face, being aware of any pressure points in the face. Breathing in and opening into what's here, breathing out and letting be. Now within this space of awareness, as you are hearing my voice right now, intentionally choosing to shift awareness to the scalp. Top of the scalp, sides of the scalp, back of the scalp, and even to the ears. And keep your focus on this area noticing what sensations there are, if any.

Long pause.

And now breathing in and breathing out, and starting to let go of any intentional awareness of the head and face and shoulders and arms and hands and torso and hips, and legs and feet. And just gently coming back to the breath.

Breathing in and noticing how the whole body expands and breathing out and noticing how the body contracts. Getting a sense of this body as connected and whole. And perhaps as we end this practice, ending with what is most important. Acknowledging this act of choice of taking this time out for your health and well-being. And you can make this gesture towards yourself in whatever way feels right for you.