



BODY-SCAN MEDITATION

Find a comfortable position, you may sit or lie down, align the spine and gently close your eyes. Allow the mind to remain alert and aware.

Begin to focus on your breath, use your breath to bring awareness into the body, as you inhale begin drawing in universal energy. As you exhale, let go any tension of discomfort. Soften the body. Allow the shoulders to drop, relax the jaw, and soften the belly.

Take 3 deep, complete breaths.

Bring awareness to the bottom of your feet, going over the heels, the arches, the balls of the feet, right toes then left toes. Acknowledge where your feet connect to the earth, draw in the earth's energy. Take not of any sensations, use the breath to release any tension.

Move your attention in to the ankles, shins, and calves. Perhaps there is some tightness, or restlessness in the legs, breathe into the spaces that need to loosen and relax. Acknowledge the spaces behind the knees and knee caps, notice where any energy is pooling and continue to be present.

On your next inhale, drop in to the thighs and hamstrings, notice any points of contact or pressure, the sensation of clothing or fabric on the skin, gently bring your awareness up into the hip area, groin and buttocks. Take not of any unevenness, does one side feel higher or lower, more pressure or less pressure?

On your next inhale, draw your attention in the softness of the abdomen feeling the subtle rise and fall with each breath, be present with the sensations following the breath around the sides and into the lower back breathing in the space when the low back arches, filling the void.

Follow the sensation of the breath into the rise of the chest with expansion of the rib cage into each intercoastal space, releasing any tightness in the chest opening the heart and lungs, slowing down the breath acknowledging your body's natural rhythm. Take a few moments to listen to your internal waves. The sound of air moving in and out of the body.

Take 3 deep, complete breaths.

With your last exhale draw the belly button in the spine and hold, notice your internal stillness, allow the belly to slow refill with air and return to your natural rhythm.



BODY-SCAN MEDITATION

Begin to drop into the shoulders using your breath to send awareness down the front of the arms radiating through the biceps and forearms into the palms of the hands over the pinky, pointer fingers, middle fingers, index fingers into the right thumb, the left thumb, tracing up the back of the arms over the elbows, up the triceps and into the shoulder blades. Soften the shoulder once more dropping away from the ears. Release any tension that was collected. Tune into the physical experience of being present in your own body.

Send energy up the spine into the neck and around the throat. Notice the subtle sensation of air moving with each breath focus on letting go of any expectations, allowing yourself to experience whatever is present for you, without judgement.

Gently cultivate awareness in the jaw and unclenching, relaxing the mouth, resting the tongue, maybe lightly parting the lips, swallow, acknowledge the wetness of the inside of the mouth and cheeks.

Continue up to the tip of the nose and upper lip. You may notice a subtle change in movement or temperature, warming and cooling, as the body breathes gently and naturally.

Allow energy to flow over the cheek bones and around the eyes, allow the eyes to rest heavy in the sockets, with eyes closed you may notice light shifting and movement. Soften the corners of the eyes and release any tension or slight scrunching in the brows, and forehead. Simply be present.

Finally, begin to scan the crown of your head. Bring awareness to the top of the head, if lying down acknowledge the place where your head has contact with the floor, breathe into this space to alleviate any pressure. There is no right or wrong. Allow yourself to be aware of any swirling ideas and release them with your next exhale.

Take a moment to tune into the entire body, from head to toe. You may be able to feel the breath energy as it moves through the body. You can get a sense of the entire outline or posture of the body as it rests here. Utilize this time to breath into any space require more attention to release any remain discomfort and amplify any soothing sensations.

Take 3 deep, complete breaths.

Gently, open your eyes. Thank yourself for being present.