



## SCRIPT FOR FULL MINDFULNESS PRACTICE BODY SCAN – 40 MINUTES

Before we begin, take time to get yourself comfortable. To do the body scan, you can either sit in a chair, or, if you prefer, lie on your back on a rug or mat. Wherever you choose to do this, make sure that you're comfortable, and able to let the chair, mat or rug support you completely.

It's important that you arrange to do this practice in a warm and protected place, in which you feel comfortable and secure. It's best to do it at a time when you won't be interrupted by family, pets or phone calls. Dress in loose comfortable clothes being particularly conscious to wear cloths that are loose at the waist. It's helpful to see this as a time for you, a time for nurturing yourself for self-care, as an opportunity to be by yourself and with yourself fully.

Allow it to be a nourishing time, a time to give yourself some positive energy and attention, a time to open to the sources of strength and healing that are within you.

It's essential not to try to relax too hard, this will just create tension. Be aware of each passing moment, and accept whatever is happening in yourself, looking at it clearly, simply because it is there. Letting go of the tendency, which we all have, of wanting things to be different from how they are right now. Allowing things to be exactly as they are right now, and allowing yourself to be exactly as you are.

So use these instructions for guidance, noticing your body and the activity of the mind as we go along, treating yourself with kindness, letting go of judgment and critical thoughts. Just do what it says to do, being aware of how you feel and what is happening.

There's no one right way to feel while you do this. The way you're feeling is fine; it's just the way you're feeling. Simply accept it, giving yourself permission to feel whatever it is that you're feeling, seeing that it is okay.

Do the body scan in whatever position is comfortable for you; if lying on your back is not comfortable, then change position. It is your sincerity and level of attention and not the way that you're laying that is most important. Remember to breathe fully, and to allow the breath to flow freely into and out of the body.

Allow your eyes to close gently if you feel comfortable with that. And bringing the arms alongside the body with the palms open to the ceiling, legs outstretched, ankles uncrossed. Take a moment to feel the body as a whole right now. Sensing the support, there's no need to hold the body right now; its being held by the mat, or the floor, or the bed.

Now bring attention to the fact that you are breathing, not changing the breath in any way, but simply experiencing the air as it comes into and out of the body. Becoming aware of the abdomen rising as the air comes into the body, and falling and the air moves out of the body. Not controlling the breath in any way. Rather just becoming aware of the rhythm and flow of the breath, noticing that as the breath flow naturally, the abdomen lifts with each in breath, and falls with as the breath moves out. Paying attention to the breath moving in and out this way.

Filling the lungs with each in breath. And on each breath, just letting go, letting your body rest more deeply into your mat. If you become distracted or lost at any time during this exercise, bring yourself back to the breath. The breath is the anchor of your attention.

Now, on the next out breath, directing your attention from the breath all the way through the body, coming to the left foot and directing your attention to big toe of the left foot. Noticing any sensations here. Perhaps feeling coolness or warmth, any sensations of air, the touch of a stocking

or sock. Perhaps feeling nothing. Being with whatever is happening at this part of your body. And moving attention from the big toe to the others toes of the foot. Aware of the skin and the nails. The space between the toes. Any sensations of temperature, tingling pulsing. Moving now to the ball of the left foot

.... arch....heel....maybe feeling the heel in contact with the mat. Coming to the top of the left foot. Aware of the skin, the muscles. And expanding your attention now, to include the entire left foot, to include bones and skin...all sensations. And breathing in, as if you could breath right into the foot, and then breathing out from the foot. Breathing in, bringing in newness and freshness, and breathing out, releasing any tension, any tightness, just letting it go.

Coming now top the left ankle, aware of the bones, the tendons, the skin, and breathing into the ankle, breathing in, breathing out. And moving to the lower left leg, possibly feeling the contact of the leg with the mat. Aware of the skin, and the calf muscle, the shin bone, any sensations in the part of the body.

Breathing into the calf, the lower leg. And breathing out. Moving to the left knee, circling the knee joint with your attention, exploring the kneecap, the cartilage, the hinge, and the underside of the knee. Aware of any sensations here. As we listen deeply to any part of the body, we may experience strong sensations. If we can just be with it, exactly as it is. Trying not to judge, but being fully present to each sensation. And as we move through the body, releasing and letting go to the best of our ability.

And coming now to the left thigh, becoming aware of the skin and muscle. Perhaps feeling the pulsation of circulation here. There may be feelings of heaviness, or weightiness, feeling the contact of the thigh with the surface that you're lying on. Aware of the thighbone as it rests in the hip socket.

And taking a breath in. breathing all the way through the left leg, the thigh,...knee...the lower leg....foot. Filling the entire leg and foot with

freshness, newness. And as you breath out, releasing any congestion, any tiredness.

Bringing attention now to the place where the thighbone rests in the hip socket. And spanning your attention across the hips and all the way down the right leg to the right foot and now to the big toe of the right foot. Noticing any sensations here, perhaps sensing coolness, dryness, moisture, tingling, or nothing at all. Noticing what is happening in your body right now.

And moving attention now to the other toes of the right foot. The skin and nails, the spaces in between the toes. Including all sensations. Coming now to the ball of the right foot. And the arch. And the heel. Aware of the skin of the heel. Now coming to the top of the right foot. Including the skin and the bones. And expanding the attention to include the entire foot. The muscles the nerves, the blood vessels all sensations... breathing into the right foot, and breathing out.

Letting the foot go and focus now on the right ankle. Aware of the bones and the skin, the tendons, the feelings of contact the ankle makes with the surface that you're lying on, breathing in and breathing out.

Coming now to the lower right leg, possible feeling the pulsation of circulation., aware of the calf muscle and the skin, the shin bone. And moving now to the right knee. Exploring the right knee. Taking all of your attention and placing it right in this one part of the body, noticing sensation on the underside of the knee. The hinge joint. The knee cap and cartilage.

Moving now to the thigh, exploring the muscle and the skin, perhaps feeling the pulsation of circulation. Aware of the thigh bone and taking a deep breathe in. breathing into the thigh, the knee, the lower leg, ankle and foot. Filling the entire leg and foot, with fresh energy and newness. And as you breath out, releasing all congestion and toxins. Completely letting the right leg and foot release.

Bringing attention now to the hipbones, the entire pelvic bowl, possibly aware of the organs held in this part of the body, the intestines and the reproductive organs, the bladder. The buttocks, feeling the contact of the buttocks and the lower back on the surface that you're lying on. Noticing any sensations here, perhaps feelings of weightiness, perhaps feelings of lightness.

Moving attention from the lower back, up the spine, aware of each vertebra of the spine, aware of the intricate nerves, protected and encased in the spine, as they branch out to all parts of the body. Aware of the muscles and the skin of the back. Allowing the muscles to ease and release with each breath.

Moving further up the back to the middle of the back, possible aware of the kidneys.

Moving further up the back, aware of the rib cage, maybe feeling the rib cage expanding with each breath, aware of the place where the rib cage attaches to spine. The back of the heart. The back of the lungs., the shoulder blades. Drawing attention all the way up, to the place where the spine meets the skull.

Breathing in deeply, breathing fully into the entire back. Breathing into the lower back, the middle back, and the upper back. Breathing newness freshness, lightness. And as you breath out, releasing tiredness, tightness and congestion, breathing openness, ease, into the back.

And breathing out, allowing the back to rest more deeply, into the surface on which you are lying.

Moving the attention now to the abdominal region, aware of the stomach, perhaps feeling sensations of digestion, possibly aware of the liver, the pancreas. Aware of the intestines, feeling the movement of the abdomen as it rises and falls with each breath, taking a deep breath in....

Allowing the abdomen to really expand on the in breath, as the diaphragm muscle pushes down, creating more space for the lungs to hold air. Noticing how the abdomen rises as the body is filled with fresh oxygen.

And then releasing, breathing out. Noticing the abdomen deflating, flattening, breathing in new energy to the abdominal region, to the pelvic region and the hip region. Breathing in and as you breath out, fully releasing.

Moving attention now to the chest. Feeling the expansion of the rib cage with each in breath. Feeling the rib cage expand in the front, and the sides and the back. Aware of the heart cradled, between the two lobes of the lungs.

Noticing the close work of the heart and the lungs, as the lungs draws in fresh oxygen. The blood takes it to all parts of the body, and then returns what's no longer needed to the lungs, and the lungs release that. All day long, with each beating of the heart, with each in breath, and each out breath, the body is constantly renewed, perhaps feeling right now the beating of the heart, the movement of the lungs.

Aware of the muscles of the chest, the breasts, the skin. Noticing the skin, the collarbones. And breathing in to the entire chest, allowing the rib cage to expand fully on the front the sides and the back. Really drawing in fresh energy, filling the lungs. Bringing new life, new energy, into the body, into the chest. And releasing any congestion, any tightness in the chest region. Aware of any emotions that may come up in this part of the body.

So often we talk about something being heart felt, or having a gut reaction. As we go through the body we may notice different feelings come up and being whatever feelings come up, whatever sensations, whatever thoughts, noticing. Breathing in to the chest, and breathing out. Completely letting that part of the body go.

As we draw the attention now, down both arms to the fingertips of both hands. Aware of the sensation of air touching the fingertips. Possibly feeling moisture or dryness., aware of the skin of the fingers, the finger nails, the joints of the fingers, the knuckles, the palms of the hands, the tops of the hands. Aware of the movement that is capable with the se hands. The work of the hands.

Breathing in to the hands and breathing out. And moving to the wrists. Aware of the bones, the skin. Possibly feeling the pulsation of circulation here, as the blood vessels interlace at the wrists. Moving up to the lower arms. aware of the skin and the muscle, the bones.

And coming now to the elbows. Noticing any sensation in the elbows, the rougher outer skin, and the delicate skin on the inside of the elbows, or this hinged joint. Moving further up the arms, aware of the skin at the upper arms. The muscles, the armpits.

Aware of the upper arm, the way the bones come together at the shoulder joint. And taking a breath in. filling the upper arms, the elbows, the lower arms, wrists and hands. Breathing in newness, fresh energy. and breathing out any tightness, any heaviness, just letting it go. Breathing into the arms, the wrists and the hands, and breathing out.

Bringing attention now to the shoulders. Aware of the tops of the shoulders and the sides, the backs of the shoulders., noticing the muscles here. Really exploring any sensations in the shoulders. And breathing deeply into the shoulders, easing the shoulders, releasing any concern that has lodged in this part of the body. Breathing into the shoulders, and breathing out. Letting the shoulders go.

Moving our attention now to the throat, aware of the ability to swallow and speak. To draw breath into the lungs. And bringing attention now to the neck and the muscles there, the vertebra connecting to the skull, the neck holding the head, taking a breath in to the neck and throat region. And breathing out, releasing.

Moving attention now, up the back of the head, aware of the skull bones. The scalp. The tiny muscles of the scalp. Aware of the follicles of the hair. And coming further up the head, to the crown of the head, the top of the head, and now the forehead. And with your attention, smoothing the forehead, from one temple, across the forehead to the other, exploring the sensations of the forehead. And moving into the entire face now, aware of the eyes, the eyebrows, the eyelids and lashes, the eyeballs resting in their sockets.

Aware of the nose, the bridge of the nose, the nose bone, the nostrils, taking a breath in through the nose, sensing, the feeling of air coming in, perhaps cool and leaving warm, at the nostrils, possibly feeling the movement of tiny hairs inside the nostrils.

Aware of the cheeks, the cheekbones, the sinuses, the skin of the cheeks, and the many muscles of the face. Muscles, which give expressions to even the subtlest of feelings. Aware of the ears. The ability to hear, the outer ears, the inner ears, the process of hearing in this very moment.

Aware of the jaw, the hinged joint on either side of the face, the muscles, the jawbone and the chin. Coming now to the mouth, to the lips, the inside of the mouth, the teeth and gums. The roof of the mouth., the tongue resting on the floor of the mouth. And breathing in, to the entire face, breathing in. freshness, easiness. Breathing out any tightness, any tension. Allowing the face to be, to relax. To simply be in this moment. Aware of the brain inside the head. Breathing in to the entire head. Breathing in freshness, and breathing out tiredness and congestion, fatigue, worry.

Bringing attention now to the crown of the head, and imagining that energy can be drawn in from the crown of the head, filling the entire body, breathing in from the crown of the head, breathing in to the head, the neck, the shoulders, the arms and the hands. Breathing into the torso, the upper torso and the lower torso. The legs, the feet.



And breathing out at the soles of the feet. Allowing the body to breath as a whole right now. Breathing in from the soles of the feet, filling the feet the ankles, the lower legs, the knees, the thighs, the hip region, lower back, the abdominal region and middle back, the chest region and upper back. Filling the hands and wrists, the lower arms, elbows and upper arms, the shoulders, neck, throat, the face and head. And breathing out again at the crown of the head.

Breathing in newness, freshness, well-being. Bringing in the ability to be present in this moment, to be with the body as it is, to be with the feelings as they are. In this very moment. Breathing in newness, life affirming energy. Breathing out tiredness and any energy that's no longer needed. Any stuckness, anything that's held, that's not necessary any longer. Breathing in, at the crown of the head, filling the entire body, breathing out at the soles of the feet. Now breathing in, at the soles of the feet, filling the entire body, breathing out at the crown of the head.

Taking a few moments, in your own time, to breath fully, through the entire body. Allowing fresh energy to wash through the body, and on each out breath, releasing, letting go of what's no longer needed., allowing it to be like waves of the ocean, coming into the body and releasing from the body. With each in breathe, and each out breathe. – PAUSE –

As you breath this way, being aware of the body as a whole, as complete, as beyond its parts. Allowing yourself to simply exist in the stillness, the silence, the wholeness. – PAUSE –

And now letting go of any control of the breath, allowing yourself to lay here in complete stillness. Breath flowing freely, into and out of the body. Breath. Breathing. Not controlling in any way, just allowing the free flow, the natural cycle of the breath, as it moves into, through and out of the body. Becoming aware as you lay here, fully experiencing the body and the breath, as it moves into and throughout and out of the body, that this acceptance and stillness is itself healing....

Allowing the universe to be as it is, beyond personal fears and concerns, beyond a mind that wants things a certain way.

Seeing yourself as complete, right now, just as you are. And looking deeply into the limitlessness of life, into the fullness of our capacity to live, into the capacity to live, into the fullness of our capacity to care and to love. Experiencing being totally awake, complete, whole, right now, being a part of the whole as we lay here in stillness.

Awake, relaxed and complete – PAUSE –

And coming back now to the body, beginning to move the fingers and toes, moving and stretching in any way that feels right to you. To bring yourself back to the room where you are right now, not rushing, not hurrying, just moving stretching easily. And as you feel ready, opening your eyes, allowing the calm and centeredness to stay with you, as you resume all the activities of your day. You might want to congratulate yourself, remembering that this state of clarity and relaxation is accessible to you, by simply attending to the in breath, and the out breath, at any moment in the day. It is a source of balance and well being. Allow it to be a source of constant energy and strength for yourself and others with whom you share your world.

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