

HANDOUT 9-1

BODY SCAN

Let's begin. Breathe in slowly through your nose to the count of four: 1-2-3-4 and breathe out through your mouth even more slowly like you are blowing a huge bubble, to the count of eight: 1-2-3-4-5-6-7-8. Now just breathe normally.

Bring your attention to your left foot. Just notice your left foot including your toes, heel, bottom of your left foot, top of your left foot. Notice what it feels like. Then move up to your left ankle. Notice how your left ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy? Accept the sensations as you become aware of them.

Then pay attention to your left leg, starting at the bottom, up to your knees, and thighs, all the way to your hips at the top of your leg. Notice if your left leg feels tight or relaxed, warm or cold, light or heavy. Send loving, compassionate thoughts to your left leg starting from your foot right on up to the top of your thighs.

Now pay attention to your right foot. Just notice your right foot, including your toes, heel, bottom of your right foot, top of your right foot. Notice what it feels like. Then move up to your right ankle. Notice how your right ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy? Then pay attention to your right leg starting at the bottom, up to your knees, and thighs, all the way to your hips at the top of your leg. Notice if it feels tight or relaxed, warm or cold, light or heavy. Send warm thoughts of gratitude to your entire right leg.

Now pay attention to both legs from your toes up to your hips. Be still, breathe, and send your legs some kind and loving thoughts. Breathe gently into your legs.

Now move your attention to your belly. Just observe what's there. Notice how your belly feels. Let it be the way it is. Send love and kindness to your belly.

Now pay attention to your back, starting with your low back all the way up to your shoulders. Notice any sensations present in your back. Send warm thoughts of relaxation to your back. Sit for a moment just noticing everything about your back.

Now give your attention to your fingers, thumbs, wrists. Observe what your hands are carrying. Send thoughts of gratitude and compassion to your hard-working hands. Now focus on your arms from your wrists all the way up to your shoulders. Just notice what's there.

Remember to breathe.

Now pay attention to your neck and throat. Swallow and notice how your neck and throat feel. As you observe your neck and throat, send thoughts of health and healing to this area of your body.

Now pay attention to your face: your chin, your mouth, your cheeks, your eyes, your eyebrows, your forehead, and finally your ears. Take a moment to observe what's there. Notice everything without attempting to change it. Send thoughts of love and kindness to your face. Allow a smile to emerge.

Now bring your attention to your head, including your hair and scalp and your brain inside your head. Observe the activity inside your mind. Send thoughts of kindness and connection. Connect with your inner wisdom.

Now take a ~~deep~~ belly breath and fill your whole body with a cushion of healing energy. As you blow the air out gently, let go of anything that needs to go.

Slowly open your eyes and bring your attention back to the room.