

This is a short guided meditation practice from Buddhism Guide called – Mindful Body Scan

Sit comfortably on the floor, lay on your back or sit on an unarmed chair – whichever is then most comfortable for you. Gently close your eyes and do the follow breathing awareness exercise.

I want you to breathe in deeply to the count of 5, hold the breath for the count of 4, and then breathe all the air out to the count of 5.

Let's begin:

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2.....3...4....5... hold...2...3...4

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2.....3...4....5... hold...2...3...4

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2.....3...4....5...

Now breath normally. Making sure your breathe is slow and natural.

This exercise brings you comfortably into the present moment. Just relax into this moment while I introduce the body scan to you.

You are going to scan your body and the look at the activity of the mind. Treat yourself with kindness, letting go of any judgement and critical thoughts. Just become aware of how you feel and what is happening. If you find any tension, just acknowledge it and let it go.

There's no right way to feel while you do this. The way you're feeling is fine; it's only the way you're feeling, so don't judge it. Simply accept it, giving yourself permission to feel whatever it is that you're feeling.

Now breathe fully, and allow the breath to flow freely into and out of the body.

(pause 10 seconds)

Bring your awareness 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 belly rising as the air comes into the body, and falling as the air moves out of the body. Not controlling the breath in any way. Just become aware of the rhythm and flow of the breath, noticing that as the breath flows naturally, the belly lifts with each in breath, and falls as the breath moves out. Just pay attention to the breath moving in and out this way.

(pause 10 seconds)

Remember, the breath is the anchor of your awareness.

(pause 10 seconds)

Now, on the next out breath, direct your awareness away from the breath to the top of your head..... what sensations are there....is there tension.....or are you feeling nothing.

Now gently move your awareness to the back of your head.....become aware of any sensations.....don't judge.....just observe

Move your awareness to your face and get in touch with any sensations.....

Now become aware of your neck....what can you feel.....is it tense.....

Move down to your shoulders and place your awareness there.....observe what you feel....

Gently move your awareness down your back.....first become aware of your upper back.....your middle back.....and your lower back.....release any tension you find

Now slowly scan down both your legs...starting from your hips.....thighs.....knees.....calves.....feet and ending at your toes.....become aware of any sensations in your legs and feet.....

Now place your awareness on your stomach.....can you feel rumblings.....emptiness.....fullness....remember – don't judge.....just observe....

Slowly move your awareness up to your chest.....is there tightness....ease.....or no sensations.....

Now scan down both your arms.....start at the upper arms.....elbows....forearms.....
..wrists.....hands.....ending at your finger tips.....

Now bring your awareness back to your breath.....breathe fully, and allow the breath to flow freely into and out of the body.....

(pause 5 seconds)

Into and out of the body.....

(pause 5 seconds)

Notice how calm and relaxed you are. See how regular your breathing has become...

how peaceful your breathing is.

(pause 10 seconds)

In a moment, when you hear the soothing sound of the singing bowl, start to slowly open your eyes and gently introduce yourself back into the world.