

This is a guided meditation practice from Buddhism Guide called – Letting go of your anxiety

As this is a body scan meditation it is better to be sitting on an unarmed chair or laying on your back – whichever of these two are more comfortable for you. This meditation will help loosen the grip of anxiety, stress or tension you may be feeling. So now gently close your eyes and let's start the meditation.

(3 bells)

Breath in as deeply as you can through your nose – hold the breath – and now push all the air out through your mouth– breath in deeply – hold – push the air out – breath in deeply – hold – push all the air out.

Now sit quietly and bring your awareness to the breath entering and leaving your body. On the in breath I want you to mentally recite Calm and on the out breath recite Relax.

When you say Calm feel your mind calming down.

When you say Relax feel your body starting to become relaxed.

(pause 1 minutes)

Breath in calm and breath out relax

(pause 1 minutes)

Now I want you to scan your body and get in touch with any sensations you may feel. Treat yourself with kindness, letting go of any judgement or critical thoughts. Just become aware of how you feel and what is happening

There's no right way to feel while you are doing 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.

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 chest 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 gently become aware of the rhythm and flow of the breath.

(pause 10 seconds)

Now, on the next out breath, direct your awareness away from the breath and down to your toes on the left foot. Remember, we are just getting in touch with any sensations we may have. If you cannot feel anything, that's not a problem, just keep your awareness on the toes of the left foot.

(pause 10 seconds)

Now gently move your awareness to your left foot

(pause 10 seconds)

Now your left ankle

(pause 10 seconds)

Your lower left leg

(pause 10 seconds)

Your left knee

(pause 10 seconds)

Your upper left leg

(pause 10 seconds)

Now gently move your awareness to your lower back

(pause 10 seconds)

Your upper back

(pause 10 seconds)

Now move your awareness to your fingers on your left hand

(pause 10 seconds)

Now your left hand

Remember, we are only observing and not being judgemental

(pause 10 seconds)

Your lower left arm

(pause 10 seconds)

Your left elbow

(pause 10 seconds)

Your upper left arm

(pause 10 seconds)

Now move your awareness to your shoulders.

If you feel any tension, just acknowledge it and gently let it go.

(pause 10 seconds)

Now move your awareness to the back of your neck

(pause 10 seconds)

The back of your head

(pause 10 seconds)

The top of your head

(pause 10 seconds)

Your face

(pause 10 seconds)

Now gently move your awareness to the fingers on your right hand

(pause 10 seconds)

Your right hand

(pause 10 seconds)

Your lower right arm

(pause 10 seconds)

Your right elbow

(pause 10 seconds)

Your upper right arm

(pause 10 seconds)

Now move your awareness to your chest. If you feel your breathing is too fast, gently slow it down.

(pause 10 seconds)

Now move your awareness down to your stomach

(pause 10 seconds)

Now the top of your right leg

(pause 10 seconds)

Your right knee

(pause 10 seconds)

Your lower right leg

Remember, just be the witness and not the judge

(pause 10 seconds)

Your right ankle

(pause 10 seconds)

Your right foot

(pause 10 seconds)

The toes on your right foot

(pause 10 seconds)

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

When you breathe in, I want you to feel you are breathing in positivity and when you breathe out, you are breathing out all of your negativity

Breathe in positivity and breathe out negativity

(pause one minute)

*Notice how positive you are feeling. See how regular your breathing has become...
how peaceful your mind is.*

(pause one minute)

In a moment you will hear the final 3 bells. Gently follow the sound of the bells. Then, when you are ready, slowly open your eyes and introduce yourself back into the world.

(Ring 3 bells)