Body Scan, Advanced

GUIDED MEDITATION SCRIPT

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to:

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

Let's begin by taking a moment to allow your body to settle into a comfortable position (2 seconds).

You may close your eyes or keep them slightly open, allowing the spine to lift (2 seconds) and the shoulders to soften (5 seconds).

Today we will practice a relaxation body scan (5 seconds).

Begin by taking a full breath in (2 seconds) and a long breath out (6 seconds).

Breathe naturally… and bring your attention into your body (5 seconds).

Notice the feeling of the weight of your body on the chair, the floor, or whatever is below you (10 seconds).

And as you breathe, notice how your chest and abdomen expand to allow the air to enter your lungs (5 seconds).

What sensations are you aware of? (5 seconds)

And as you exhale, bring awareness to the softening… and notice the sense of relaxing more deeply (20 seconds).

Now bring your attention to the top of your head, noticing any sensations in the scalp (2 seconds),

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down the back of the head (2 seconds), to the sides of your head (2 seconds),

and through the face (4 seconds). Notice your jaw (2 seconds)

and if you're holding any tension in your jaw (2 seconds).

Notice whatever you notice… and then let your face be soft (2 seconds).

Relax the muscles around your eyes and around your mouth (5 seconds).

Breathing in (2 seconds) and breathing out (20 seconds).

Now notice your neck and your throat (2 seconds). Scan with open, gentle awareness… and then let them, too, be soft (10 seconds).

Notice your shoulders and arms. Notice any temperatures or sensations here (5 seconds).

Notice whatever is present, and if there is any tension, allow that tension to move from your shoulders… down through your upper arms and elbows… and through your forearms, wrists, hands, and fingers (5 seconds).

Allow any tension to move beyond the tips of your fingers (15 seconds).

Is there any fabric of clothing against your arms? Notice what that feels like… or notice the air against your skin (8 seconds).

Continuing to breathe in (2 seconds) and to breathe out (15 seconds).

Now bring your attention to your chest and abdomen (2 seconds), feeling the movement in your chest as you breathe (10 seconds).

Bringing your attention to your stomach, noticing if your stomach is tense or tight (2 seconds) and just letting it soften (10 seconds).

Now noticing the upper back and the lower back (5 seconds): what sensations do you become aware of? (5 seconds)

If there is any tension or tightness, see if you can allow that, too, to soften (20 seconds).

Now continue by traveling down to your legs (2 seconds): through your thighs (2 seconds), your knees (2 seconds), your calves and and shins (2 seconds), your ankles (2 seconds), and finally bringing your attention to your feet (5 seconds).

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Noticing the sensations of your feet, perhaps resting on the ground (10 seconds).

Noticing any weight, (2 seconds) sense of temperature, (2 seconds), or feeling of energy perhaps present in the feet (20 seconds).

And as you continue breathing in and breathing out, notice the whole body (2 seconds) from the top of your head (2 seconds) all the way down to your toes (15 seconds).

Staying with a sense of the whole body for a few more breaths (30 seconds).

And as we close, continue remaining aware of your body as best as you can as you finish with a full deep breath in (2 seconds) and a long deep breath out (5 seconds).