

Body Scan (transcript)

This body scan meditation is designed to bring greater awareness and attunement to body and to mind.

We'll be doing this in a state of relative physical stillness so it's best arrange a time and place in which you will be comfortable you won't be disturbed, dressing in loose and comfortable clothing which won't restrict your waist or your breathing.

This meditation is usually done lying on the back but it can be done in any posture that's comfortable and easy for you . It can be done on a rug, a mat or a bed or can even be done in a reclining chair . You may want to use a light covering to help stay warm and a flat pillow can be helpful for the head, if it's more comfortable that way.

If you are lying on your back, let your arms lie alongside your body, palms up towards the ceiling, if that's comfortable for you...

...heels on the floor, allowing your feet to fall away from each other ...

...and as you are lying here, allowing yourself to notice whatever comes up in your awareness simply accepting what is happening in the body and in the mind, experiencing it clearly and as it is in this moment noticing where your body makes contact with the floor or the mat.

You may have sensations of touch or pressure ...

... on your heels

... your calves

... your legs or buttocks

... your upper back ... your arms

... and as you become aware of these sensations bring your awareness now to the fact that you're breathing

... noticing the actual physical sensations of breath

... and as you take air in, your diaphragm moves to allow your abdomen to move up, and expand a little bit ...

...and as you breathe out the abdomen flattens out ...

... and just noticing the rhythm of your breath and as it moves your belly and maybe slight movements of your chest you may be aware of how the air enters through your nostrils and through the windpipe and into your lungs and allowing that natural movement of your breath to continue without really having to do anything about it at all.

There's a tendency to want to control the breathing when we bring attention to it ...

...just noticing how it is whether it's short or fast or long and deep ...

... just allowing it to move at its own rhythm ...

... and when you're ready, on your next in-breath allowing the breath that comes in and fill the lungs and moves your belly up ...

... imagining that your entire body is hollow and accepts the air as it comes in through the lungs, moves into the body, accepts the air through the nostrils and into the lungs. . imagining it going all the way down down into the belly ...

... and into the legs

... all the way down to the toes

... and bring your awareness to your right big toe ...

... simply noticing what's present there as you move your attention to that part of your body . You may notice tingling

... or temperature ...

... or coolness ...

... or throbbing ...

... or you may not be aware of anything at all . As your attention shifts to your right toe, and just being aware that that's where your attention is and allowing your awareness to include both big toes your right big toe, and your left big toe, both and noticing it's possible to have your attention on one or the other, or to hold a space of attention that encompasses both ...

...and when you're ready, moving your attention from the big toes to include the little toes and seeing how the quality of your attention shifts as you move your awareness to ...

... just your little toes and maybe now noticing the toes in between.

...You can imagine your breath moving all the way down through your body, all the way down to your toes of both feet and as you breathe out allowing your awareness to move from your toes to the balls of your feet, that part of your foot that pivots and allows you to walk smoothly

...and whatever you may be noticing there is just which you're noticing right now . There's no right or wrong feeling or sensation to have ...

... and allowing your awareness of the balls of your feet to dissolve as you move your awareness to include the whole flat part of your foot all the way down to the heel

... to that long triangular area that meaty part of your foot that has contact with the ground as you walk ...

... and noticing just where your heel maybe touching the mat or the floor right now and letting your awareness move to the ankles ...

...including the muscles, the ligaments and the bones that are in the ankle as well as the entire circumference from your achilles tendon all the way up and around to the top ...

from the surface of the skin to the inner parts of the ankle that allow your foot and your ankle group to move so smoothly and support you as you're walking ...

and imagining your breath going down into that area of your legs and to your ankle ...

... and on your next out breath moving your awareness to the calves of your legs the area between your knees and your ankles ...

including the meaty part that may be touching the mat or the floor ...

... and the muscles or tendons that run alongside the shin ...

... just allowing into your field of experience whatever may be present for you as you have your attention on the calves and on the shin area ...

When you're ready, moving your awareness to your knees including the back of the leg

... the kneecap itself

... the joint inside

...the skin around the whole circumference ...

... just being receptive to whatever sensation you may notice in this part of your body ...

... and moving from your knees to your thighs and the large muscles of your quads extending between your knees and your hips ...

... noticing the areas that have contact with the ground and the floor ...

... and the parts that are ...

... on the upper area of your thighs ...

... and being aware of the entire circumference of your thighs

... around the top and along the bottom side ...

... the muscles and tendons and bones ...

...interior to the thighs, and seeing what it's like to have your awareness in this part ...

... and you may feel weight or throbbing

...or heaviness ...

... or tingling or pressure... whatever comes to awareness this is a part of the body you might, if you pay attention you might even be aware of the throbbing from your heartbeat ...

... and as you're ready to do this, moving your awareness higher to the hip ...

... the pelvic area ...

... the buttocks where they touch the mat or the floor ...

... moving your awareness from the pelvic area to the lower back ...

... including the sides and the front ...

and being aware of how the movement of breath affects this part of your body

... focusing on each in breath

... your belly expands a little bit ...

... and the out breath ...

... how it flattens somewhat ...

... and seeing if it's possible to maintain awareness of your breathing and how it's physically moving with your abdomen all the way from in breath to the pause and the end of the in breath

... and as you ready to go the other direction, to the out breath ...

... and all the way through ...

... and noticing how the expansion and contraction affects the sensations on your skin from clothes or from pressure ...

... and any internal and sensations you may be experiencing right now ...

... and bringing your awareness higher in your body, to the area of the diaphragm, and both above and below that

... where some of the internal organs are ...

... your lower rib cage ...

... your middle back ...

... and as we do this exercise ...

... if you're noticing any holding or tension in any part of your body ...

... just noticing that that's there ...

... and letting your breath move through that part of your body if your breath is affecting it ...

... imagining your breath going into that part of your body ...

... imagining it leaving, with its own rhythm ...

... and when you're ready, bringing your attention and awareness ...

... into the cavity of your chest ...

... your rib cage ...

... around your upper back, where it touches the mat or the floor ...

... and appreciating in this area ...

... the lungs that supply oxygen and provide for the rhythm of the breathing ...

... noticing just how the chest may be expanding or contracting just lightly with each breath ...

... and being aware of how the entire torso area moves very subtly with each in-breath and out-breath and the pause between ...

... and appreciating within the chest cavity ...

... your heart and your lungs, all working there ...

... the lungs nestled around the heart ...

... and being aware of how your shoulders may be affected with the movement of breath ...

... including your upper shoulders ...

... and the sides ...

... the upper back ...

... and moving your awareness from the shoulders themselves to where they attach to your neck ...

... and sensing into those areas of connection ...

... starting from a broad base to the top of the shoulders, narrowing to the neck itself ...

... and bringing awareness to the movement that's happening ...

... in the neck area, and the movement of air ...

... and with your next in breath, allowing your awareness to move from your shoulders through your upper arms all the way down to your fingertips ...

... from the forefinger all the way to the little finger ...

. . and you may be including your thumb as well ...

... and imagining your breath is going all the way down right to the fingertips as you breath in ...

... and imagine the breath going back out from that area ...

... and shifting your attention now to the joints of your fingers ...

... and then to the knuckles..

... and moving from the knuckles to the back of the hands ...

... and the palms of the hands ...

... to that meaty part of the hand ...

... to the base of where your thumb connects to the hand itself ...

. . and the side of your hand ...

... both interior and exterior awareness ...

... awareness of skin ...

... and any sensations you may be noticing interior to your hand ...

... and shifting your awareness to your wrists ...

... moving to your lower arms ...

... extending from the wrist, all the way to the elbow ...

... into your elbows ...

... and then moving your focus from your elbows to your upper arms ...

... and back up into the shoulders ...

... and the base of the neck ...

... and moving from the base of the neck to your jaw ...

... and your throat area ...

... including the sensation you may have of the interior of your mouth ...

... the tongue ...

... and how it rests within your mouth ...

... to the inner part of the cheeks ...

... the palate, the top part of your mouth ...

... and when you're ready, shifting to your gums and to your lips ...

... and being aware that your lips have both an interior part and an exterior part ...

... and moving to the cheeks ...

... to the nose and the nostrils ...

... and noticing here how the breath comes into the nostrils, and how it leaves ...

... moving to include the eyes themselves and the muscles around the eyes ...

... and the upper cheek ...

... and the eyebrow ...

... and the corners of the eyes ...

... and whole area that your eyes are supported by and they're resting in ...

... and moving to the brow above the eyebrows ...

... and the entire scalp area from across the top of the head and all the way to the ears...

... and when you're ready, sensing into the entire body ...

... from the top of your head into the bottom of your feet ...

... allowing and noticing whatever sensation may appear ...

... as you include all of the body ...

... head and shoulders, arms, torso ...

... buttocks ...

... thighs, calves, feet ...

... allowing things to be just as they are ...

...beyond tendencies of the mind to want everything to be a certain way

... beyond liking and disliking ...

... seeing ourselves as complete and whole ...

... right here ...

... right now ...

... just exactly as we are ...

... noticing and experiencing the fullness of life ...

... acknowledging our ability to be present with whatever presents itself ...

... and as this segment ends, you might want to wiggle your toes and fingers, stretch in whatever way you feel comfortable right now ...

...if your eyes have been closed allowing them to let the light in ...

... and as you are ready, re-establishing contact with the entire world outside your body...

This ends the body scan meditation.