

Mindfulness of Body (body scan):

- 1.) First step is to realize that we will be feeling for sensations in the body: temperature (hot, cold, warm), heavy and light, loose and tight, tingly and energetic. These are sensations that we can notice, ways that we can feel our different body parts with our minds, not with our hands.
- 2.) Set yourself up in a mindful body position: 1.) seated in a chair, feet flat on the ground, hands resting on your legs, back straight, eyes closed; or 2.) laying down on your back, arms resting at your sides, palms face up, legs relaxed (they will fall slightly open), eyes closed.
- 3.) Take 5 mindful breaths and relax the body, relax the face, the face muscles do a lot of work, let them be free for now, relax the forehead, the skin around your eyes, and the jaw. Let the body become quiet and still. We will now take a journey through the body with the mind.
- 4.) Imagine a light at the top of your head, any color, picture it sitting there, shining strong at the top of your head. Move the light down the back of your head down to your neck, and notice any sensations in your head, face, and neck. Relax the neck.
- 5.) Move the light to your right shoulder, picture it shining there in or on your right shoulder. Move the light down your right arm, through your right elbow, right wrist, into your right hand. Feel your right arm with your mind, do you notice any sensations? Relax your right arm.
- 6.) Move the light to your left shoulder, picture it shining there in or on your left shoulder. Move the light down your left arm, through your left elbow, forearm, and into your left hand. See if you can feel your left arm with your mind. Then, relax your left arm.
- 7.) Move the light to your chest area, relax your chest area. Move the light to your stomach area, and relax your stomach area.
- 8.) Now, take the light and place it in your right hip. Picture it shining there, in your right hip. Move the light down your right leg, through your thigh, past your right knee, to your right ankle, and into your right foot. Notice your right leg, what sensations can you feel in your right leg? Relax your right leg.
- 9.) Take the light and place it in your left hip. Picture it shining there, in your left hip. Move the light down your left leg, through your left knee, left shin, into your left ankle, and let it rest in your left foot. Feel your left leg with your mind. Then, relax your left leg.
- 10.) Move the light back up to the top of your head. Notice how you feel.