

Body Scan Meditation

Students must be physically and mentally fit to take part in all mediation activities. It is up to the discretion of the tutor and/or centre head whether a candidate takes part in the course. Medical advice may be necessary in some cases.

This is a simple and effective body scan meditation. The aim is to focus your attention on being mindful and accepting towards any sensations that you may feel.

Before you begin:

- Preferably don't eat within an hour of this meditation as it can be difficult to relax if you are feeling very full!
- Dim the lights if possible.
- Switch off your mobile phone.
- Wear comfortable clothes and take off your shoes.
- Lie on your back if possible, arms and legs relaxed and comfortable.
- When your thoughts go wandering, remain mindful and detached from them and gently patiently return your attention to your breath and body.
- There is no pressure on you as there are no rights or wrongs.
- There's nothing strange about relaxing and meditating. It's just natural.

The instructions:

Lying down now... Breathe in s-l-o-w-l-y and deeply through your nose. Feel your abdomen move outwards as your diaphragm contracts and draws air into your lungs. Your chest should not rise noticeably.

While breathing slowly, direct attention to your left foot. Feel your foot. Curl your toes once to fix your awareness to it. Now relax...

As you breathe in through your nostrils, slowly scan your left leg from foot to knee, and up through your thigh.

As you breathe out, trace your leg down to your foot. Do this 3 times, then take your mind off your breath and remain with your foot.

Feel the sensations in your foot. Simply become aware of them. Scan your left lower leg. Accept any tension or discomfort. Scan slowly, up through your thigh now.

If thoughts appear, that's fine. Gently come back to your breath, and shift awareness over to your right foot.

Slowly inhale while scanning through your right calf, knee, and thigh... Exhale and scan back down. S-l-o-w-l-y. Now let go of your breath and remain with your foot.

Scan for any sensation in your foot... calf... Thigh... Simply accept all sensations and feel what happens. Relax...

Now focus on your stomach. Feel it r-i-s-i-n-g as you breathe in. Sinking as you exhale. Nice and slow. Your heart probably slows down. This is normal. Remain aware of your stomach, your breath... up and down. Become aware of sensations. Relax...

Now follow the same procedure with your left hand and arm as you did with your leg. You may clench your fist at first to really direct your awareness to your left hand. Breathe...

Now scan up along the length of your arm, to your chest. Then down your right arm to your right hand. Remain there. Breathe. Sense and scan. Relax...

Come back up to your chest. Continue scanning up along your neck and to your face. Gently clench your jaws and release. Feel the sensations in your jaws, your throat. Breathe and scan. Feel how the back of your head rests against the floor.

Scan the top of your head. Relax...

Now detach from all body parts. Breathe... Feel how everything is connected, resting gently on the floor. Just breathe, let any sensation come to you. Accept it as a part of you. Return to your breathing. You are big; sensations are small parts of you. They fluctuate, come and go.

Just breathe for a minute and feel your body. Then sit up slowly.

A note to say...

The first time you do a body scan meditation it may feel a little weird. That's OK! The more you do it, the more you will reap the benefits of being completely aware of your body.

Accepting sensations, even painful ones, seems to be more effective than trying to control them.

Reference:

<http://www.meditation-techniques-for-happiness.com/body-scan-meditation.html>

