



Mindful Body Scan Meditation (11 Minutes)

Welcome to this guided mindful bodyscan practice.

While giving yourself permission to simply be here as you are for a few moments, know that there is no wrong way to do this practice. Accept that it is the nature of the mind to wander towards thoughts, plans or memories and for sleepiness or other feelings to arise. When these distractions occur understand that each time you notice them is also a moment of mindful awareness and then return your attention to the guided body scan practice as best you can. Remember too that you have the freedom to change position or shift your attention to a different body part should you need to for any reason.

Begin by finding a safe and comfortable position — either lying down, sitting or standing in a relaxed but upright posture. Let your hands rest softly and gently close your eyes if that feels comfortable to you.

Take a moment to arrive here, and now.

Feel the points of contact between your body and the ground or chair, as you allow it to be still. Just for now let go of the day so far... and anything that might come after this

Bring your attention to your breath.

Notice the natural rhythm of breathing in... and out.

No need to change anything, or perfect the breath — simply observe the sensation of air entering and leaving your body

The breath may be an anchor to the present moment for you throughout this practice.

Move your awareness down through your legs to the toes, feeling into the tips and the joints... allow that awareness to spread to the soles... and the heels, and now the entire foot... pay attention to the position of your ankles...the bony shins and the muscles of the calves. Tune into sensations in the knees, the skin outside... and the joints inside

Sense into your thighs, the thigh bone deep within and the muscles on the front, the back, inner and the outer thigh – maybe you notice pressure or tension – just observing.

If the mind has wandered, welcome whatever arises and gently return your focus to the sensations in the hip joints

Explore, with curiosity, the whole pelvic region, the softer organs within cradled by the strong, supporting bony parts.

Now expand your awareness to feel the entire lower body, from the feet through the lower legs, knees and thighs to the pelvis, all fully supported by the earth beneath you.

Feel the weight of the body... resting... grounded. And breathe...

Now allow your attention to rest on your stomach.

Let it become a little softer, rising and falling, moving with each breath. You may notice sensations or sounds from within the belly.

Observe your lower back, it's alignment and position

If there is any tension, see if you can meet it with softness.

There's no need to change anything — simply notice but also wisely listening to your body and adjusting if you must... And breathe...

Watch, with curiosity, the movement your chest.

Witness the filling and releasing, as you breathe, as if it were the first time you allowed yourself to be fully with the breath.

Bring a little softness to your heart space. You might even feel your heart beating — the subtle rhythm of life, that needs no conscious control.

Direct your spotlight of awareness to your upper back. The spine at the centre, the shoulder blades resting like tucked wings.

Feel any contact with the floor or chair, your clothes or the space around you.

Let the back soften and spread with each exhale.

If distracted by a wandering mind or feelings, without any need for judgement, come home to your body in this moment and sense into your shoulders.

Let them drop just a little more with each out-breath.

Allow your awareness to flow down your upper arms – into the biceps and triceps... through the elbows, the forearms, front and back... and into the wrists...

Noticing any sensations, temperature, or even the absence of feeling. All of these are ok. Let it be as it is.

Now come to your hands.

Feel the palms... the backs of the hands... the joints of each thumb, finger and the fingertips.

Let your hands be completely at rest. Let go of anything heavy you may be carrying here. And breathe...

Now explore the sensations of your neck and throat.

The flow of air inside, the vertebrae and the muscles... Invite space and softness here.

Arrive at your cheeks... your jaw – clenched or relaxed... your lips pursed, smiling or neutral ... your nose - breathing

Observe your eyes, resting deeply in their sockets, eyelids softly closed or open.

Feel gently into your forehead, tense or at ease. Let it be.

And if awareness brings change, let that be too.

Tune into the temples, the crown of the head at the top, the sides and back of your head.

Notice any sensations here — perhaps tingling, warmth, coolness, the movement of air... or no sensation at all. All of this is okay.

For a moment, maybe the head can become light and spacious and the face expressionless as you breathe...

If the mind has wandered, come home to yourself once more, expanding your awareness to your whole body,

From the crown of your head...

down through your face, neck, shoulders...

arms... chest... back... belly... hips... legs... and feet.

Feel the body as a whole — connected, present, and alive.

Rest here for a few more breaths, simply being with your body.

Fully here. Fully now.

Gently begin to wiggle your fingers and toes.

Bring some small movements into your body.

Maybe take a stretch or a deeper breath.

And slowly, if they're closed, begin to flutter your eyes open.

Take a moment to notice how you feel —

Thank yourself for taking time to be more present, allowing any extra mindful awareness to linger on in your body, your breath and your mind as you move back into your day.