

Cultivating Body Awareness

Part 5.2

Body Scan Meditation





breathing in deeply
together

breathing out slowly

breathing in

breathing out

allowing the breath to return to
its natural rhythm

letting the body breathe itself

we'll be expanding our
awareness beyond the breath,
and we'll be practicing the body
scan meditation

we'll just bring our attention to
different parts of the body


Just, opening up and practicing
an awareness, seeing if you can
notice any physical sensations.





bringing your
awareness to the
crown of your head

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see if you notice
any physical
sensations on the
scalp



some tingling

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some heat

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a coolness

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slowly moving
your awareness
down the
forehead




feeling any
sensations in
the forehead



slowly moving
down into the
eyes



feeling the
muscles
around the
eyes



invite these
muscles to
soften and
relax



just notice
how they feel

Practicing a non-judgmental
awareness

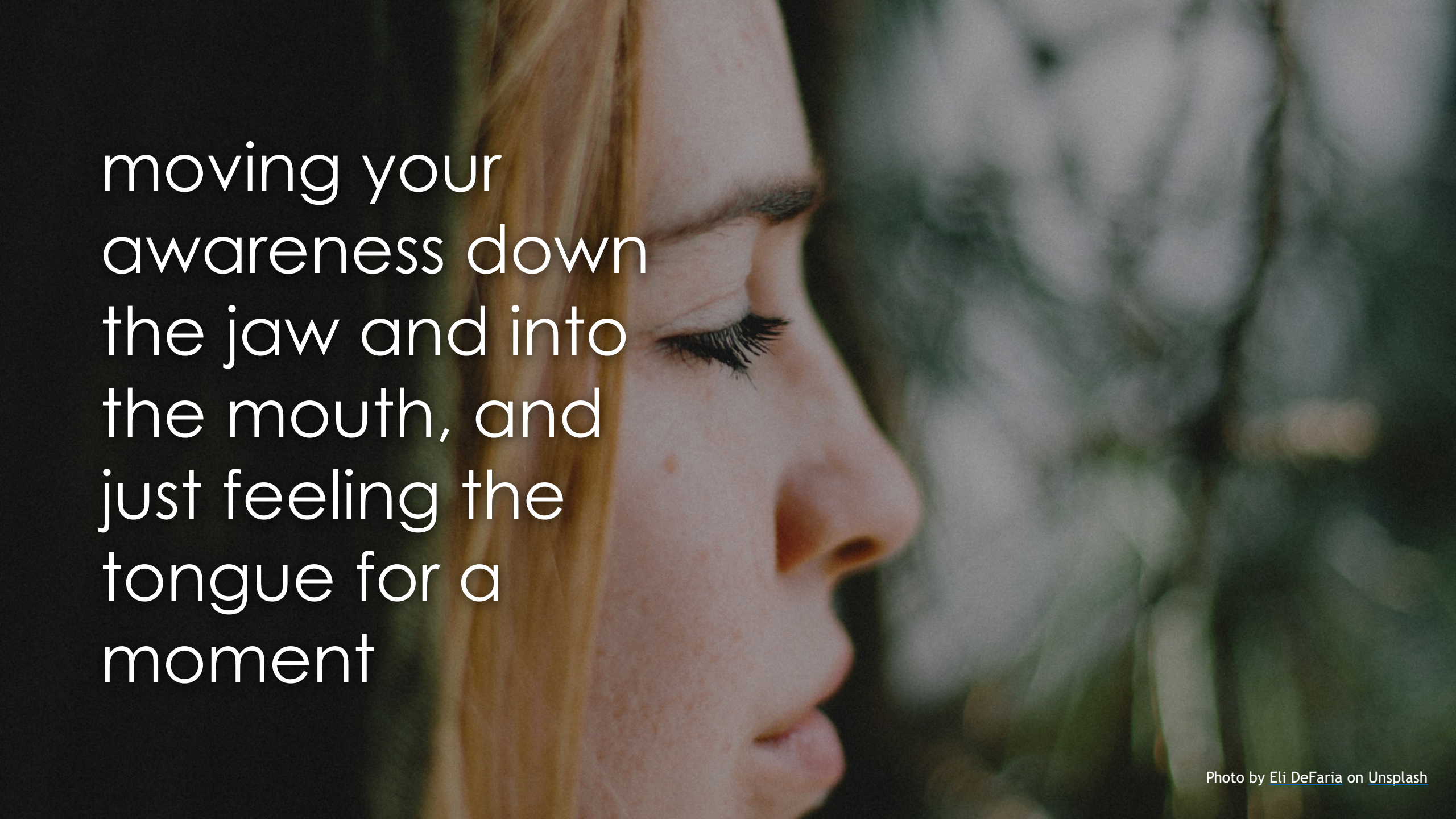





feeling the
cheeks for a
moment




noticing any
sensations



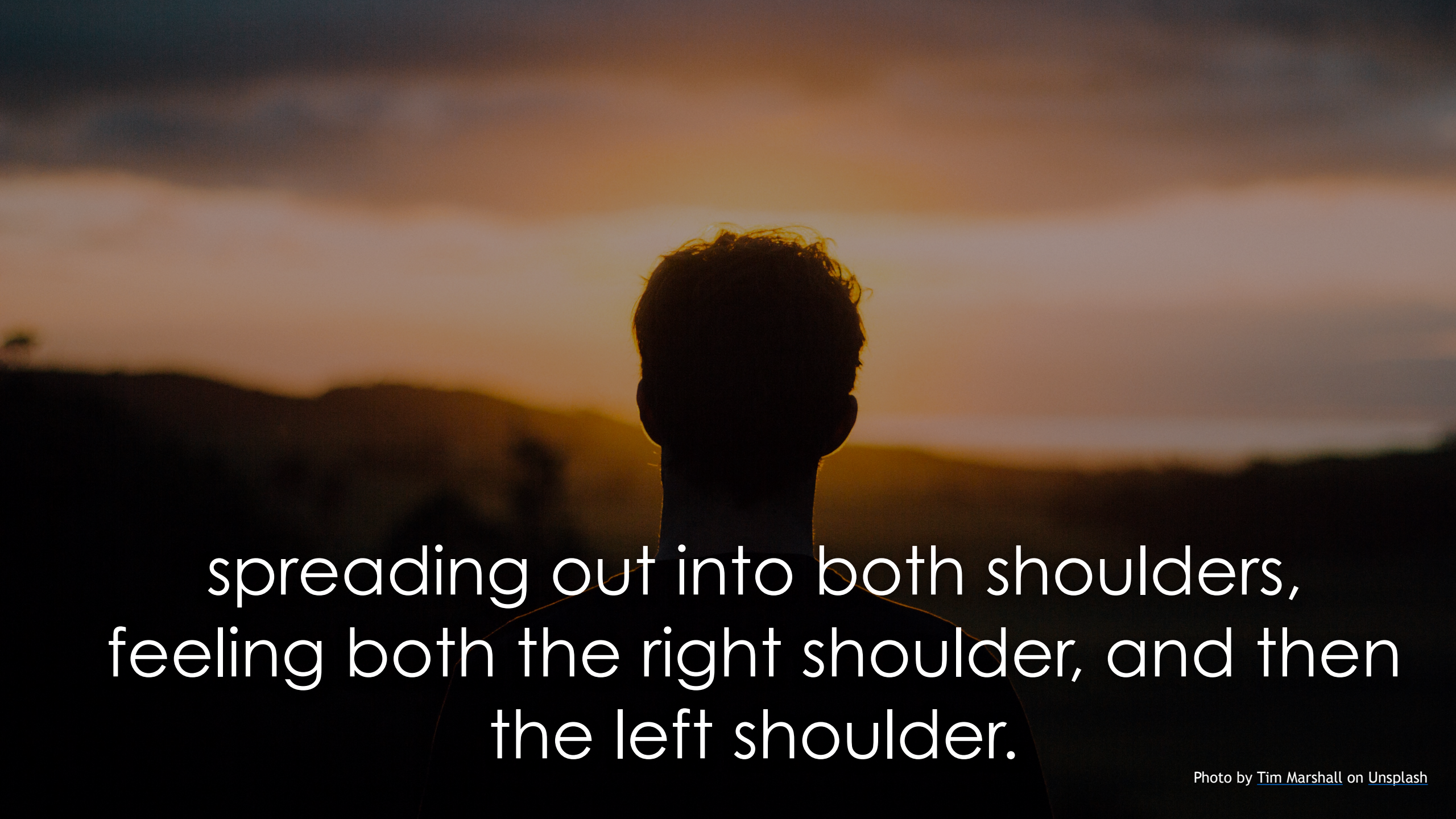
moving your
awareness down
the jaw and into
the mouth, and
just feeling the
tongue for a
moment



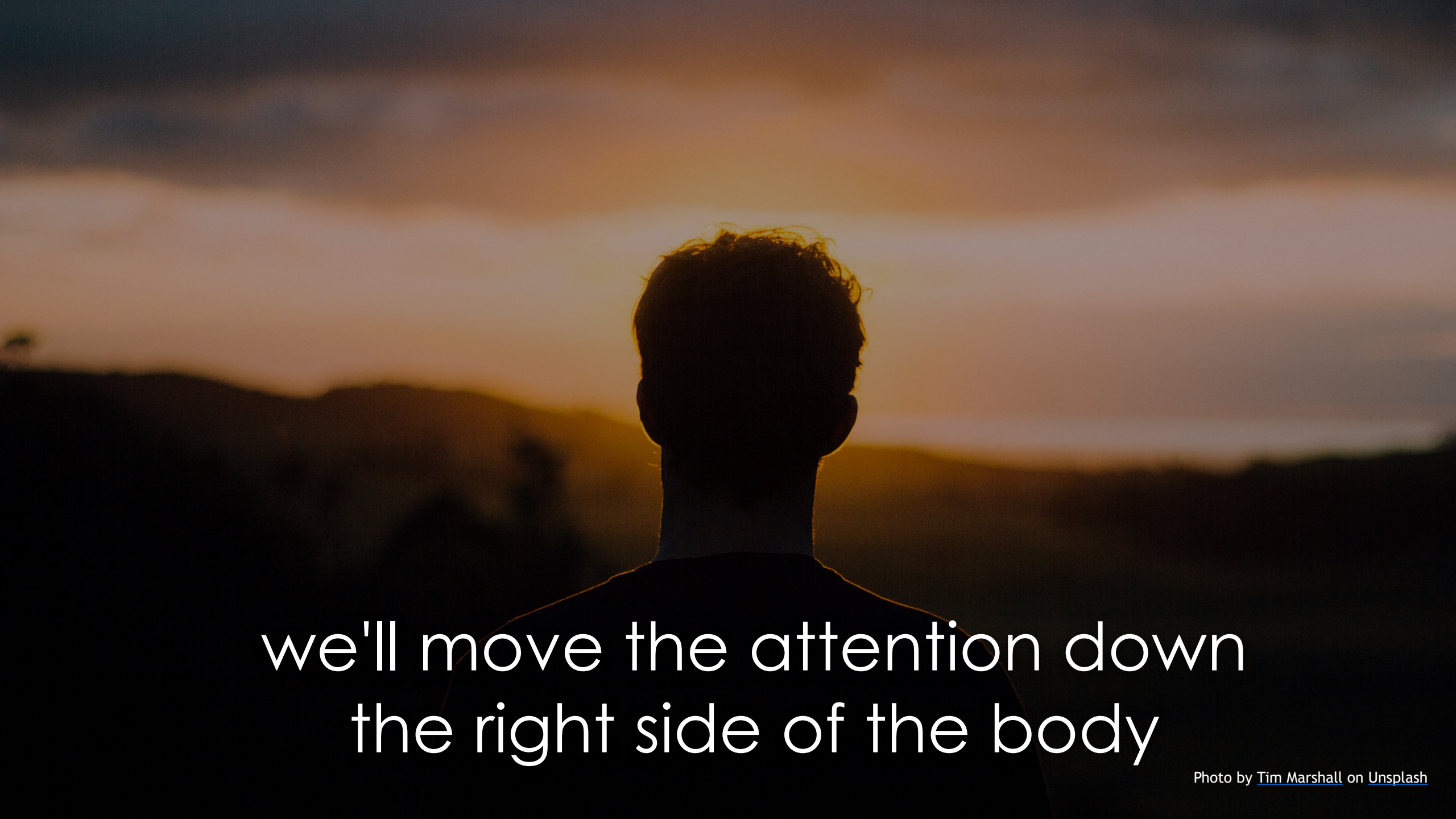
becoming
aware of the
tongue and
how it feels

A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, golden glow that silhouettes the person and the distant hills. The sky is a mix of soft orange and pale blue.

and letting the attention drift
down the neck

A silhouette of a person's head and shoulders is centered in the frame, facing away from the viewer. The background is a soft, warm sunset or sunrise sky with a gradient from light orange to pale yellow. The person's hair is dark and curly. The overall mood is contemplative and serene.

spreading out into both shoulders,
feeling both the right shoulder, and then
the left shoulder.

A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, golden glow that silhouettes the person and the distant hills. The sky is a mix of soft orange and pale blue.

we'll move the attention down
the right side of the body

A silhouette of a person's head and shoulders is centered in the lower half of the frame, looking out over a landscape of rolling hills. The background is a soft, golden sunset sky with a bright horizon line. The overall mood is contemplative and serene.

letting your
awareness
drift down
the right
arm

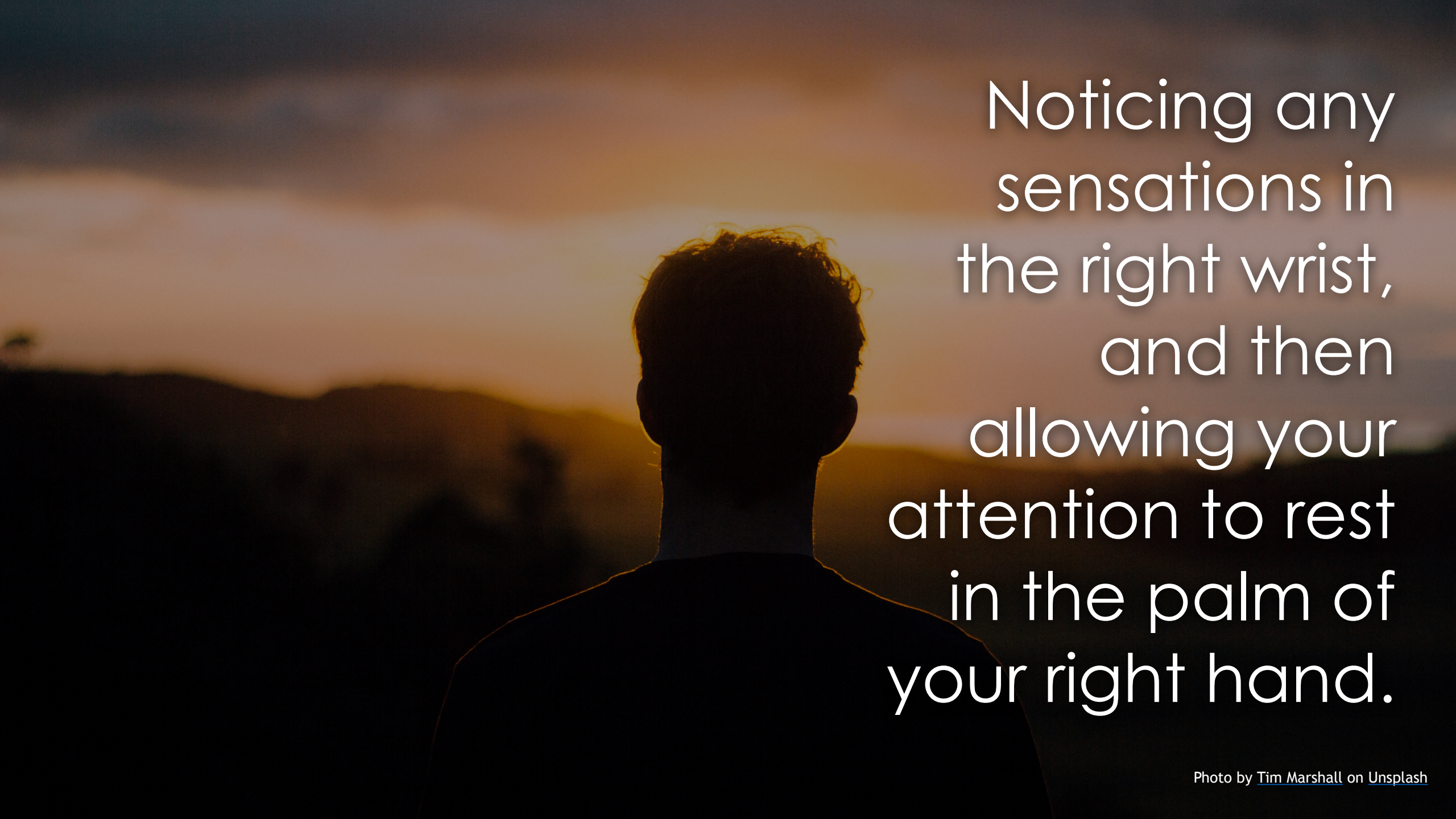
A silhouette of a person's head and shoulders is centered in the lower half of the frame, looking out over a landscape at sunset. The sky is a gradient of warm colors from orange to yellow, with the sun low on the horizon. The foreground and middle ground are dark and out of focus.

Into the right
elbow.


A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, golden glow that silhouettes the person and the distant hills. The sky is a mix of soft orange and pale blue.

The right
forearm.

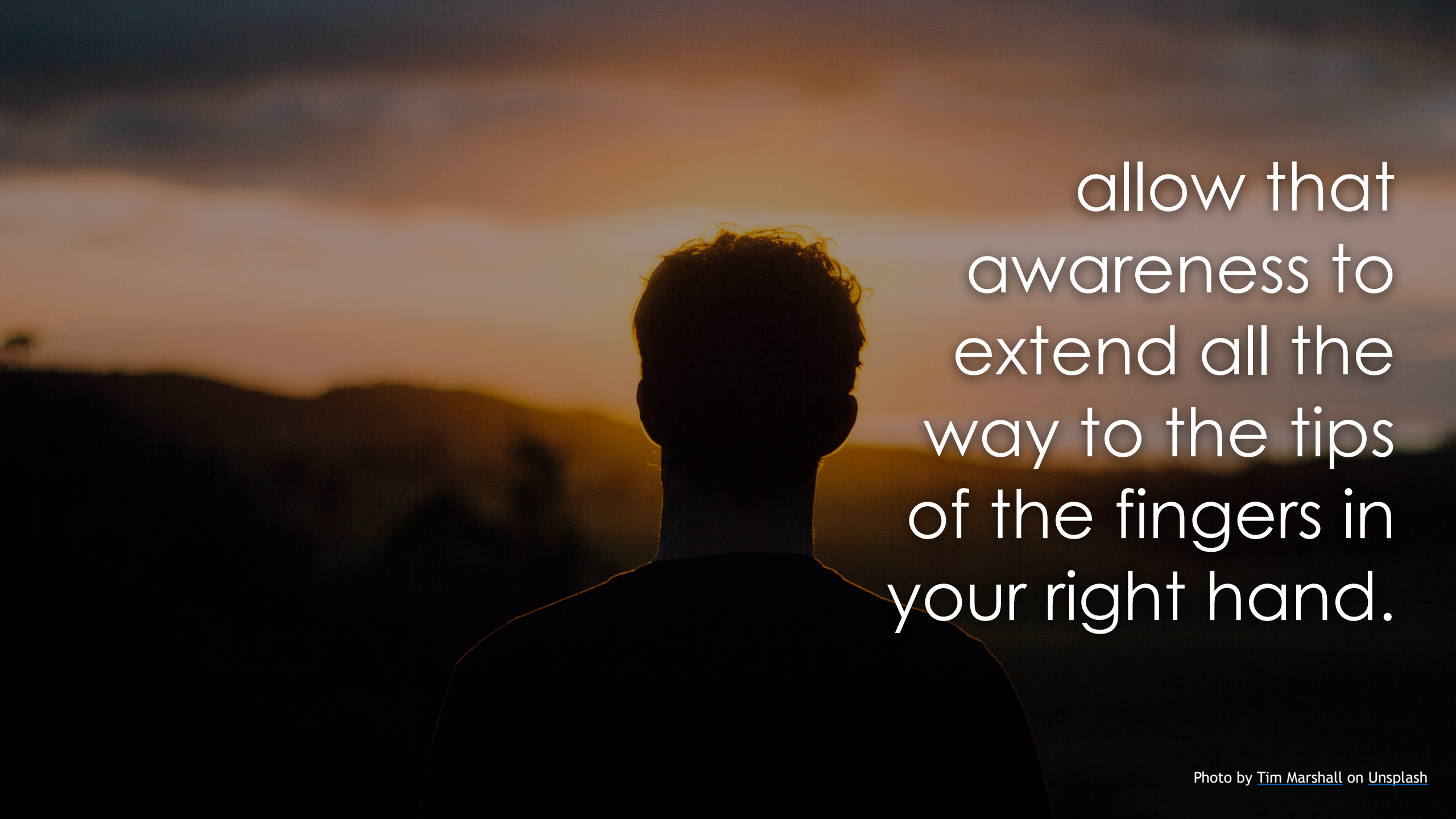
Photo by [Tim Marshall](#) on [Unsplash](#)

A silhouette of a person's head and shoulders is shown in profile, looking out over a landscape at sunset. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The person's hair is dark and curly. The background shows rolling hills or mountains under the soft light of the setting sun.

Noticing any
sensations in
the right wrist,
and then
allowing your
attention to rest
in the palm of
your right hand.

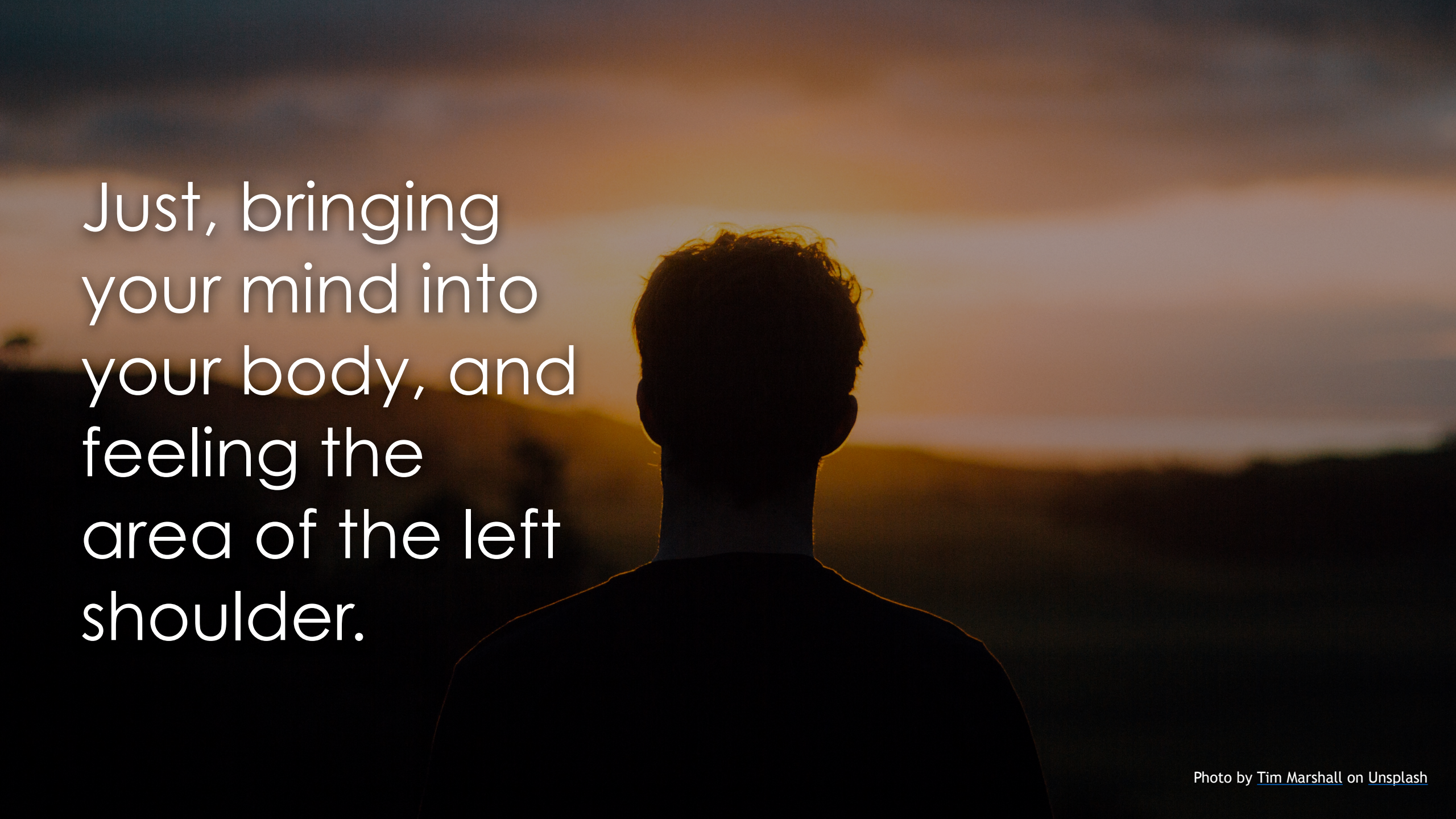
A silhouette of a person's head and shoulders is shown in profile, looking towards a bright sunset or sunrise. The background consists of rolling hills under a warm, orange and yellow sky. The person's hair is slightly messy, and the overall mood is contemplative and serene.

Just noticing
any warmth, or
coolness, any
tingling or
vibration.

A silhouette of a person's head and shoulders is shown in profile, looking out over a landscape at sunset. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The person's hair is dark and curly. The overall mood is contemplative and serene.

allow that
awareness to
extend all the
way to the tips
of the fingers in
your right hand.

Moving your
attention back
up the right
arm and over
to the left
shoulder.

A silhouette of a person's head and shoulders is shown in profile, looking towards a bright sunset or sunrise over a landscape. The person is dark against the bright, hazy background. The text is overlaid on the left side of the image.

Just, bringing
your mind into
your body, and
feeling the
area of the left
shoulder.

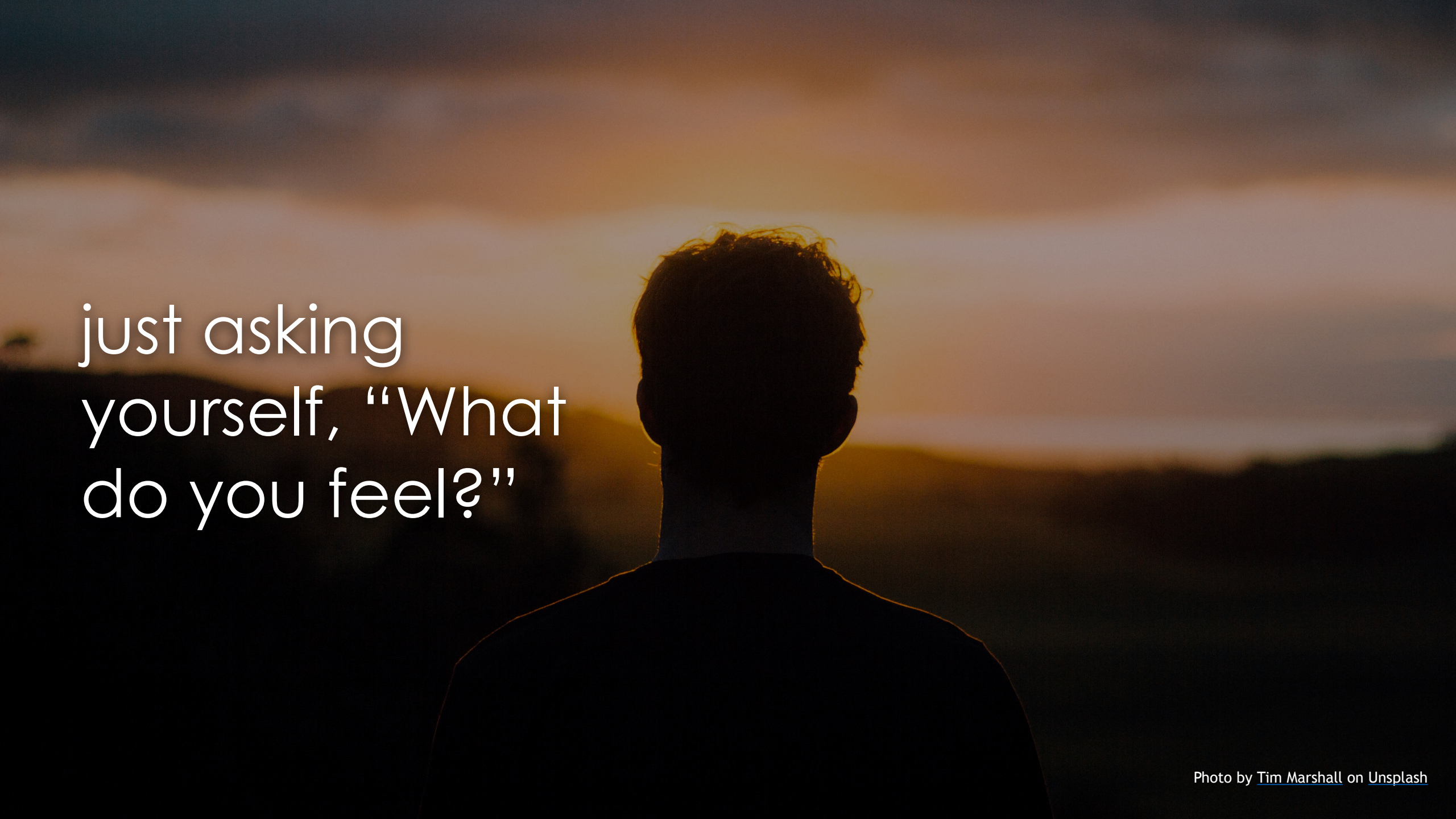
Slowly moving
your attention
down the left
arm, through
the left elbow,
the left
forearm,

Slowly moving
your attention
down the left
arm, through
the left elbow,
the left
forearm,

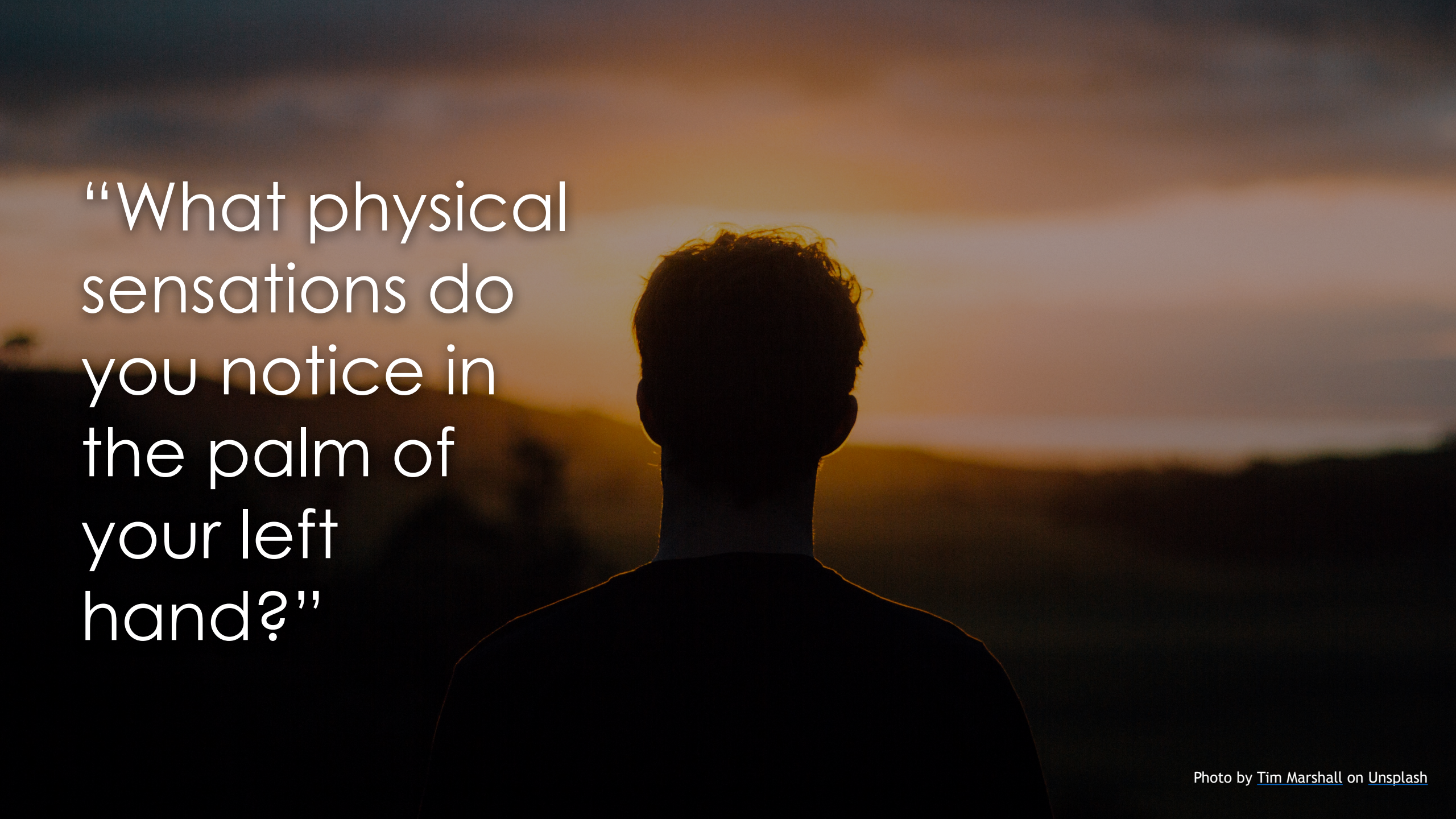
into the left
wrist

A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sky is a gradient of warm colors from orange to yellow, with the sun low on the horizon. The foreground is dark and out of focus.

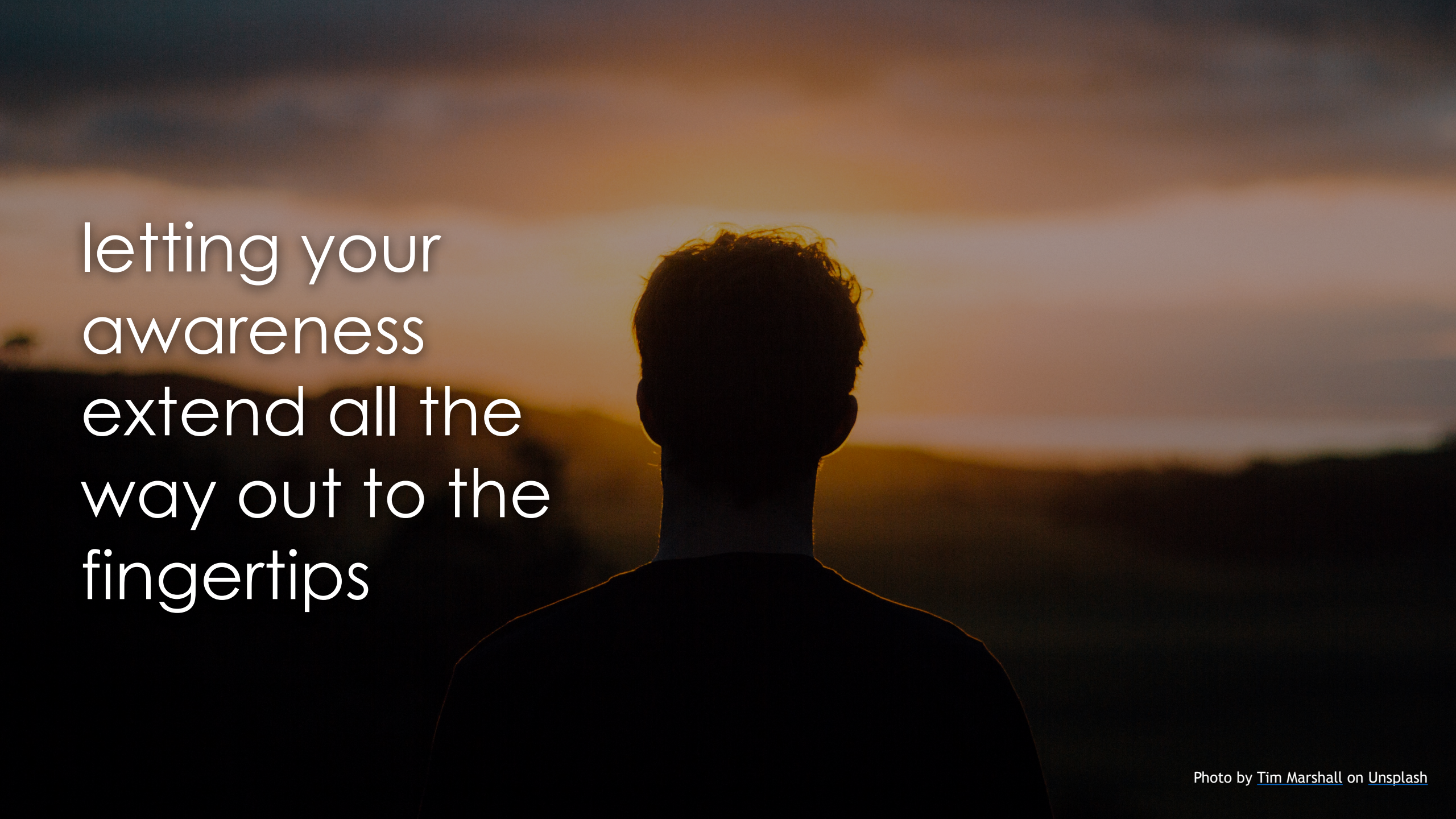
resting your
attention in the
palm of your
left hand

A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sky is a gradient of warm colors from orange to yellow, with the sun low on the horizon. The foreground is dark and out of focus.

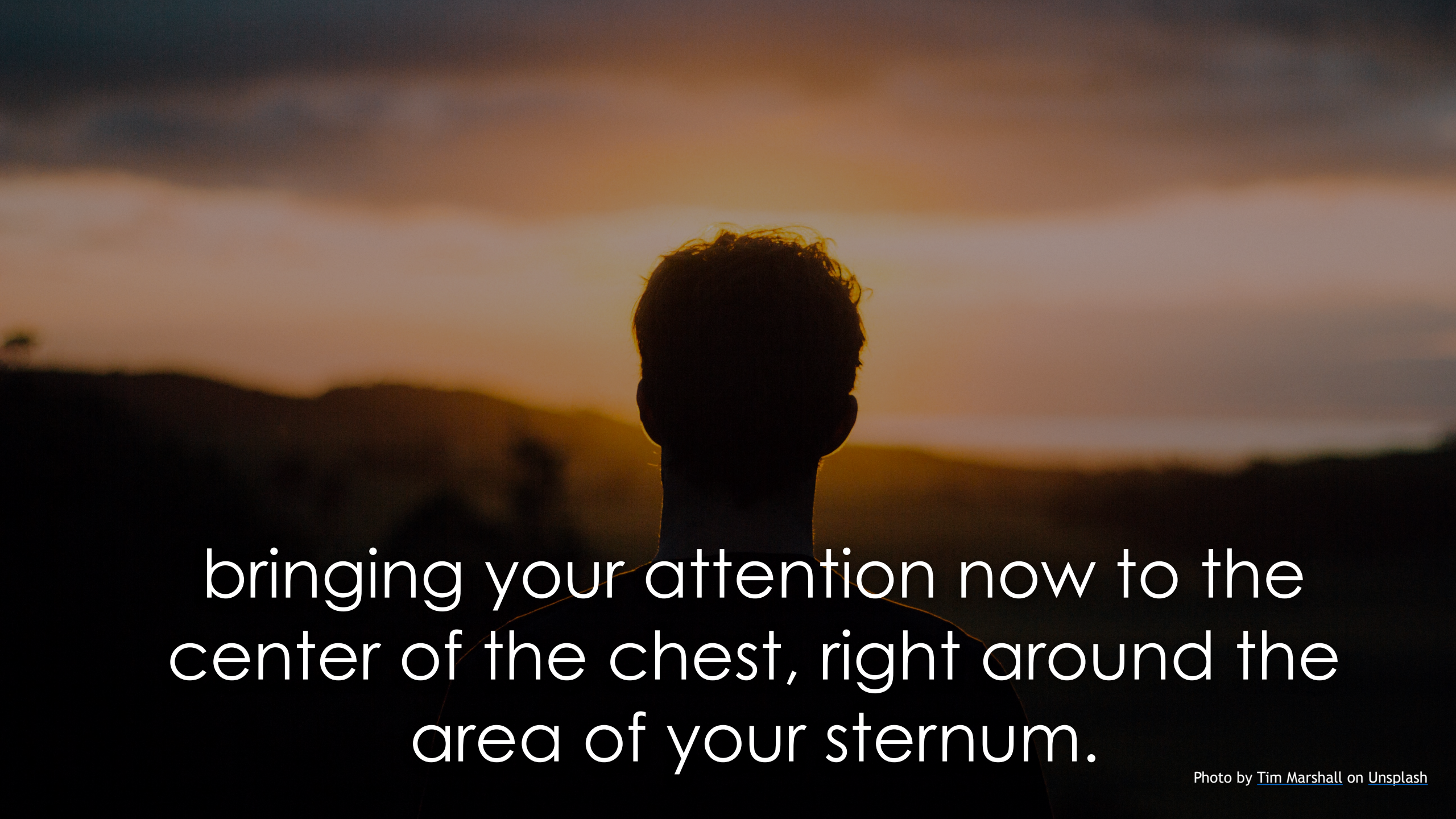
just asking
yourself, “What
do you feel?”

A silhouette of a person's head and shoulders is shown from behind, looking out over a landscape at sunset. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The person's hair is dark and curly. The overall mood is contemplative and serene.

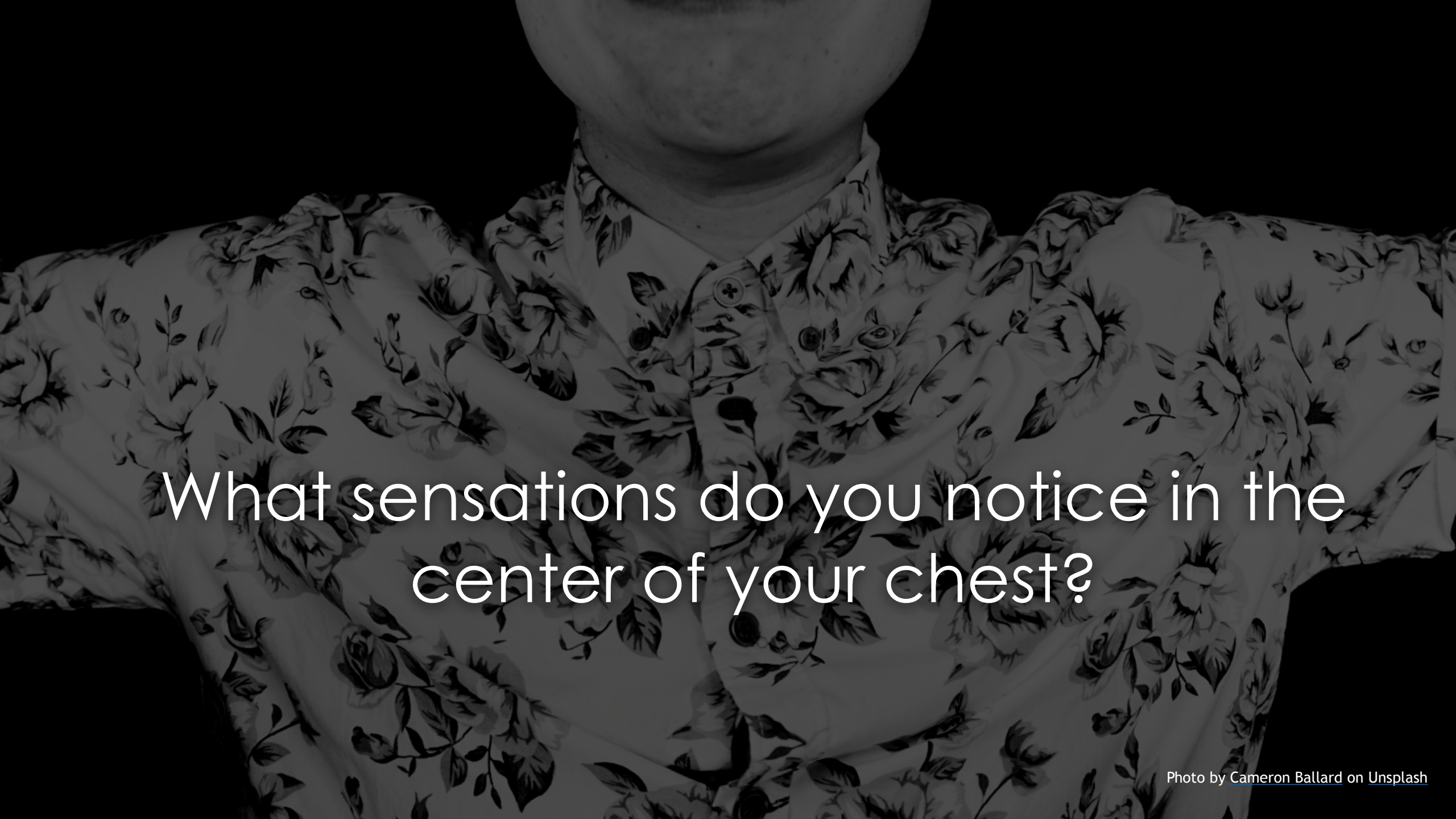
“What physical sensations do you notice in the palm of your left hand?”

A silhouette of a person's head and shoulders is centered in the frame, looking out over a landscape at sunset. The sky is a gradient of warm colors from orange to yellow, and the foreground is dark. The text is overlaid on the left side of the image.

letting your
awareness
extend all the
way out to the
fingertips

A silhouette of a person's head and shoulders is centered in the frame, facing away from the viewer. The background is a soft, warm sunset or sunrise sky with a gradient from light orange to dark blue. The person's hair is curly and dark. The overall mood is contemplative and serene.

bringing your attention now to the
center of the chest, right around the
area of your sternum.

A close-up, grayscale photograph of a person's chest and neck area. The person is wearing a light-colored shirt with a dark floral pattern. The text is centered over the chest area.

What sensations do you notice in the
center of your chest?

A close-up, black and white photograph of a person's chest and neck area. They are wearing a light-colored shirt with a dark floral pattern. The shirt has a buttoned placket. The person's face is partially visible at the top, but mostly obscured by the shirt's collar. The background is dark. Overlaid on the center of the image is the text "Can you feel the fabric of your shirt?" in a white, sans-serif font.

Can you feel the fabric of your shirt?

A close-up photograph of a person's chest and neck area. They are wearing a light-colored shirt with a dark floral pattern. The image is dimly lit, with the text overlaid in white. The person's face is partially visible at the top, but mostly obscured by the dark background and the shirt's collar.

moving down into the belly and
the abdomen

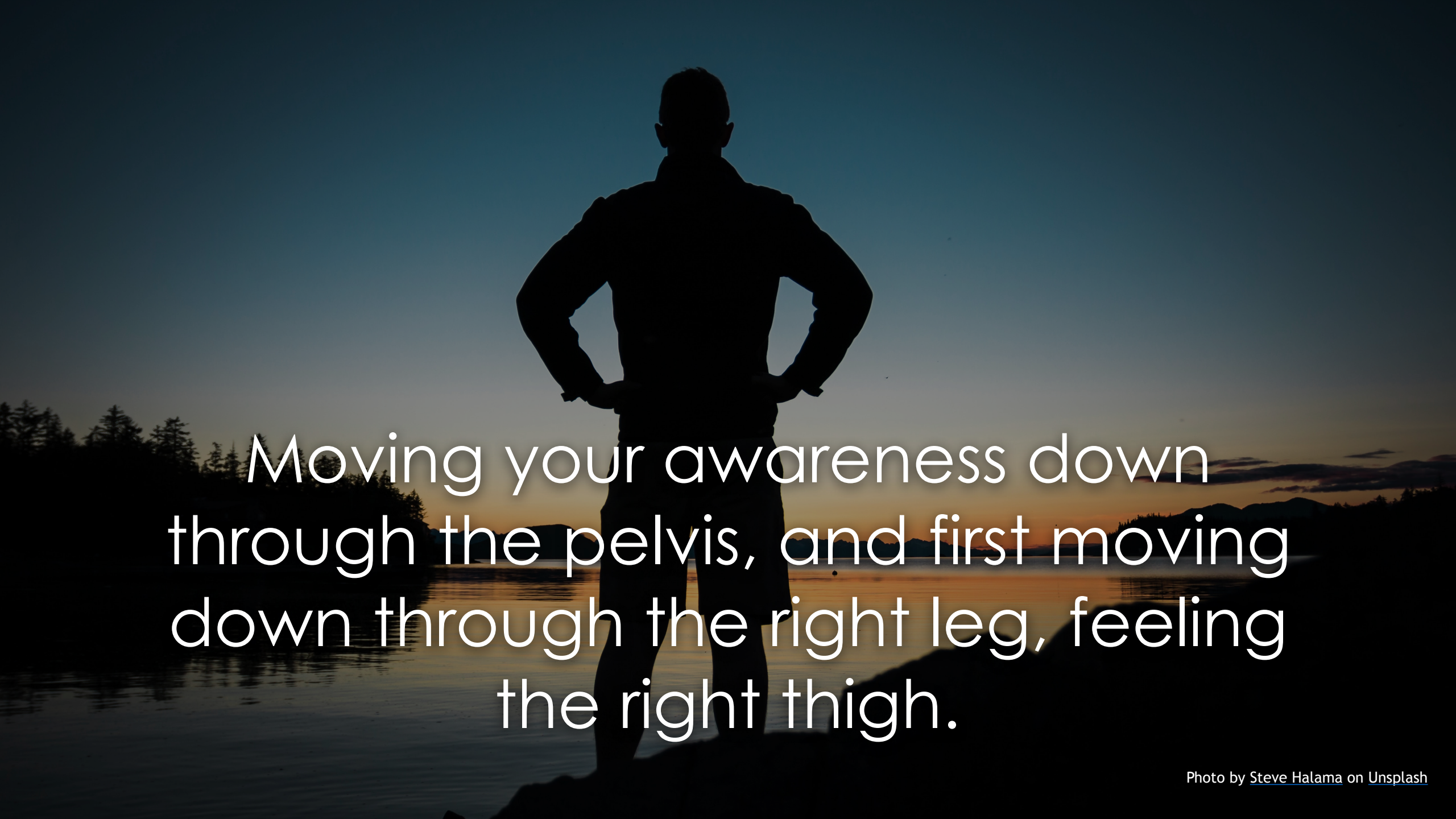


Feeling the gentle rise, and fall,
of the belly.

In mindfulness, we just want to connect with these raw, physical sensations.

Just, to notice the physical
sensations.

what we'll be doing is going through
the body part by part, and piece by
piece, and just bringing our awareness
to the different places.

A silhouette of a person standing with their hands on their hips, looking out over a lake at sunset. The person is positioned in the center of the frame, with their back to the camera. The background shows a calm lake reflecting the orange and yellow light of the setting sun, with dark silhouettes of trees and mountains in the distance. The sky is a gradient of blue and orange.

Moving your awareness down through the pelvis, and first moving down through the right leg, feeling the right thigh.

A silhouette of a person standing with their hands on their hips, looking out over a lake at sunset. The person is in the center, facing away from the camera. The background shows a calm lake reflecting the orange and yellow light of the setting sun. The sky is a mix of blue and orange, with some clouds on the right. The shoreline is visible with some trees and mountains in the distance.

Moving your awareness down into
the right knee and the right calf.

A silhouette of a person standing with their hands on their hips, looking out over a lake at sunset. The person is in the center, facing away from the camera. The background shows a calm lake reflecting the orange and yellow light of the setting sun. The sky is a mix of blue and orange, with some clouds on the right. The overall mood is serene and contemplative.

Bring it down into the right ankle,
and resting your awareness in the
sole of the right foot.

A silhouette of a person standing on a rock by a lake at sunset. The person is facing away from the camera, with their hands on their hips. The background shows a calm lake reflecting the sunset sky, with trees and mountains in the distance.

moving your attention back up to
the top of the left leg.

A silhouette of a person standing on a rock by a lake at sunset. The person is facing away from the camera, with their hands on their hips. The background shows a calm lake reflecting the orange and blue sky, with trees and mountains in the distance.

Moving down to the left thigh.

A silhouette of a person standing on a rock by a lake at sunset. The person is facing away from the camera, with their hands on their hips. The background shows a calm lake reflecting the sunset sky, with trees and mountains in the distance. The text "Feeling any sensations in the left knee." is overlaid in white.

Feeling any sensations in the left
knee.

A silhouette of a person standing on a rock by a lake at sunset. The person is facing away from the camera, with their hands on their hips. The background shows a calm lake reflecting the sunset sky, with trees and mountains in the distance. The text "Moving down through the lower left leg, through the ankle" is overlaid in white.

Moving down through the lower left
leg, through the ankle

A silhouette of a person standing on a rock by a lake at sunset. The person is facing away from the camera, with their hands on their hips. The background shows a calm lake reflecting the sunset sky, with trees and mountains in the distance.

then resting your attention again in
the sole of the left foot

just bring your attention back to the
entire body



feeling your whole body sitting
where you are



Bringing your awareness back to
the feeling of your breath in the
belly or the chest




just feeling this, body awareness,
feeling your body in space



we can take a deep breath together

breathing in deeply

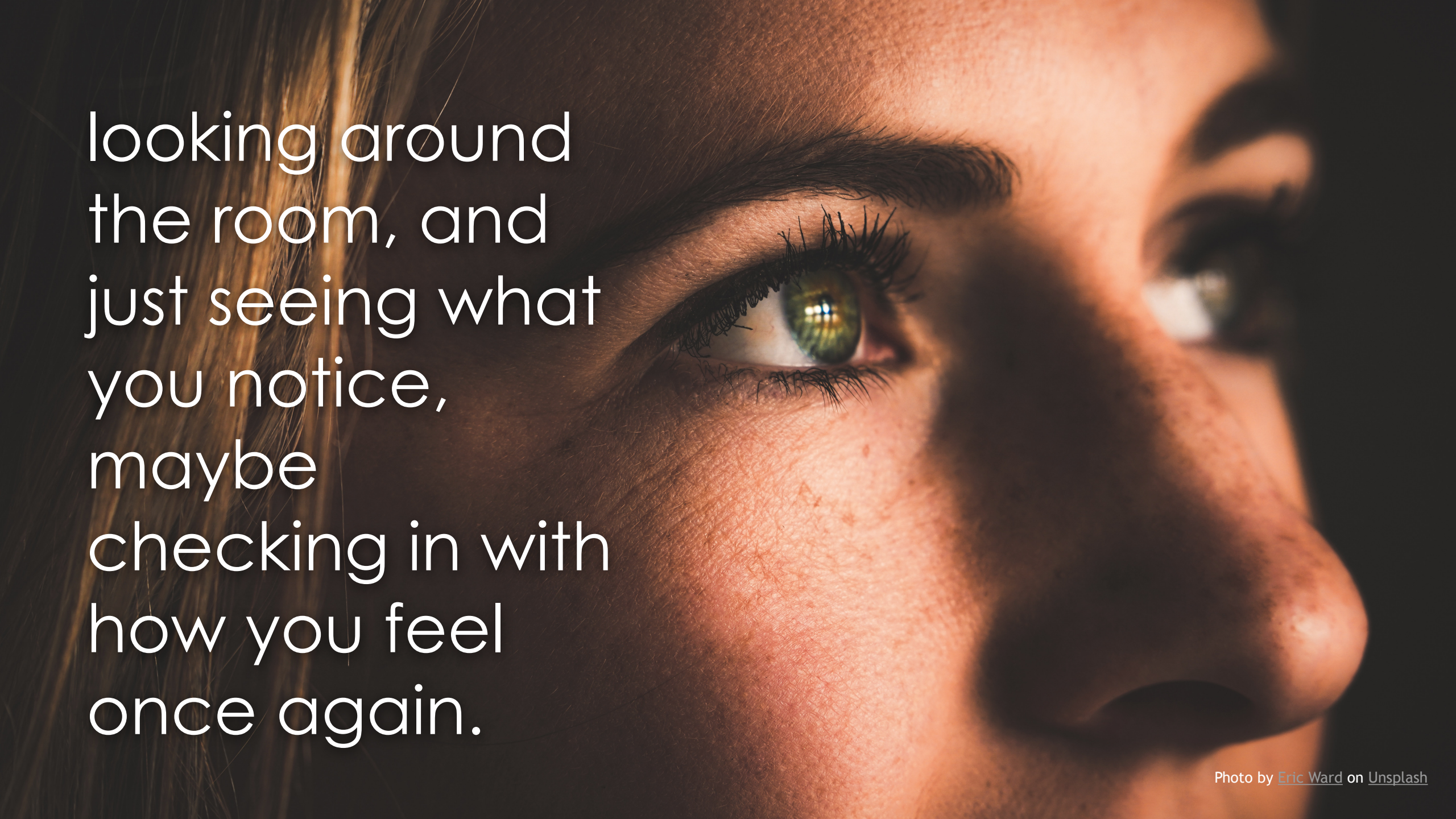
and breathing out

A close-up, profile view of a woman's face, focusing on her eyes. She has light green eyes and long, dark eyelashes. Her hair is blonde and slightly out of focus. The lighting is warm and soft, highlighting the texture of her skin and the intensity of her gaze. The background is dark, making the subject stand out.

very gently, in
your own time,
allow your eyes
to open



Coming back
into the room.

A close-up, profile view of a woman's face, focusing on her eyes and nose. She has light green eyes and is looking slightly to the right. The lighting is warm and soft, highlighting the texture of her skin and the details of her features. Her hair is dark and appears to be pulled back.

looking around
the room, and
just seeing what
you notice,
maybe
checking in with
how you feel
once again.

great work

Next Video

Mindful Listening