

# Body Scan with Liquid Sunlight

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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So please find a way to get comfortable...  
and just take some nice big deep breaths,  
breathing in and breathing out

With the next out breath,  
just gently closing the eyes now,  
just starting to feel the weight of the body,  
starting to notice the points of contact of the feet on the floor,  
and the hands and the arms resting on the legs.

Maybe noticing any sounds;  
so, just bringing the mind into the physical senses,  
just settling back into the space around you.

Now just bringing the attention a little bit more towards the body  
as you scan down from head to toe  
noticing any areas that feel particularly comfortable or uncomfortable,  
just building up a picture of how the body feels,  
and just noticing if there's any particular mood that might be around at the moment.

And now gently shift your focus to the rise and the fall of the breath,  
wherever you feel it strongest in the body right now....

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(PAUSE)

As you just become increasingly comfortable in following the natural rhythm of the breath, I'd just like you to imagine now a steady flow from above the head.

It flows almost like a liquid sunlight.

It's very smooth, very warm, it's very clear, it's very bright.

It's almost like taking a mental shower;

it flows down through the top of the head,

into the body, and travels all the way down.

It's going to fill the body up as though it were a container.

Just melting away any tension, any discomfort.

You just follow it as it travels down through the body, sliding down towards the feet.

You're just feeling it as it fills up the toes, one at a time.

Just mentally acknowledging each toe as it goes through,

as it starts to travel up through the feet, the heels, the ankles,

and continues upwards towards the knees.

So just melting away any tension,

and just focusing on the spaciousness, brightness, warmth,

as it continues up the upper half of the leg towards the hip and the pelvic area;

continuing with that idea, the steady flow coming into the body, just melting away any tension.

As it continues up through the trunk of the body, now the stomach, the lower back,

...

and up towards the diaphragm, and just melting away any tension,

...

it'll continue to flow up now through the chest and the upper back area,

...

all the way up to the top of the shoulders.

It continues to flow down both of the arms,

and towards the elbows, the hands,

this filling up one finger at a time, the hands, and wrists.

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Again, just feeling it as it fills upwards towards the elbows and the shoulders,  
any tension at all,  
just melting away as it continues to travel now up through the neck and the throat area,  
up through the head,  
and all the muscles in and around the face,  
until it gets to the very top of the body.

Even though the entire body now is full of that very spacious, clear feeling,  
it continues to flow downwards.

Just resting the mind in that space,  
you can just let go of any focus for a moment  
and just allow the mind to rest in that space.

(PAUSE)

Now, just bringing the attention back into the body again,  
as you just start to feel the weight of the body again,  
the physical points of contact, as you start to notice the sounds,  
the smells, just bringing yourself back in the space around you.  
Opening your eyes whenever you're ready.

