

Bringing Awareness to the Entire Body

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



Scanning the Body

Body scans are a foundational mindfulness practice used in many traditions.

By scanning the body, we get to know the feelings we experience more clearly.

The mind also learns to rest in the present time experience and focus on what is in front of us.

Sit in an upright and energized position if you're able to do so.

Allow the eyes to close and make any minor adjustments to be comfortable.

Take a few deep breaths, arriving in the present-time experience of breathing.

Bring your awareness up to the crown of the head.

What can you physically feel up here at the top of the head?

You don't need to fix anything, figure anything out, or make anything special happen.

Continue down to the forehead and brow.

You may be able to feel the temperature of the air on the skin, some tension, or maybe the simple, neutral feeling of the skin.

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Whatever you can feel, tend to it with mindfulness.

Move your awareness to the cheeks and jaw.

Moving through the body like this, just rest your awareness, gently observing what you can physically feel.

Tune in to the feeling at the nostrils and upper lip.

Although you may feel many things here, the breath is generally the most obvious.

Feel the sensations of breathing with each inhalation and exhalation.

Next, move into the mouth, focusing on the tongue, lips, and teeth.

Notice how the tongue is resting, the sensation of saliva, and any movement in the mouth.

Continue to move through the upper body like this.

Move the awareness slowly through the neck, out the shoulders, and down to the hands.

Rest with each part of the body for a few moments, patiently observing what is present.

Bring the awareness back up to the shoulder blades, and move down the back.

Feel the posture of the spine, the muscles in the back, and any expansion and contraction as the body breathes.

Tune in to the front of the torso, starting at the chest.

You may feel the clothes on the body or the breath in the body.

As you continue down into the abdomen and stomach, you may notice feelings related to hunger or digestion.

Move through the pelvis and hips, down the legs, and into the feet.

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Notice the points of contact, the feeling in the joints, and any tension that arises.

When you reach the tips of the toes, open up to feel the body as a whole.

From head to toe, sit with the experience of having a body.

Try to feel the outline of the body, the posture, and the subtle changes as you breathe.

