

Short Body Scan

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



Meditation: Short Body Scan

Let's begin by taking a moment to allow your body to settle into a comfortable position. You may close your eyes or keep them slightly open. Willing the spine to lift, the shoulders to soften (5 seconds).

Today we will practice a short body scan,

checking in with our bodies helps to settle the mind

and to notice what physiological sensations and emotions might be present (2 seconds).

Begin by taking a full breath in and a long breath out (5 seconds).

Now bringing awareness to the top of your body, your head, face, neck, shoulders (3 seconds).

Noticing any sensations, movements, any places of holding (5 seconds).

Now moving down to the arms and the hands (5 seconds).

Sensing the back of the body, the front of the body (3 seconds).

Sensing yourself seated.

Feeling the contact of your body with the chair or the cushion (10 seconds).

Now sensing your upper legs, your lower legs, and the feet (5 seconds).

Noticing if there are any particular places that call out for attention.

Places where sensations feel most vibrant or dynamic (10 seconds).

Scanning to see if there places where there is a lack of sensations or only very faint sensations (5 seconds).

Now sensing the whole body breathing (2 seconds).

One complete organism (20 seconds).

Finishing with a full deep breath in (2 seconds)

and a long breath out *ding* (20 seconds).

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Integrated Practice

Try a 3 Centers practice today.

Choose a time during your day to take three breaths, each breath to 'scan' one area of the body.

1st breath, scan the head, representing thoughts.

2nd breath, the gut, representing "gut feelings."

3rd breath, the heart, representing values or intentions.

Reflection Question

What information do you receive when checking in with your body?