**Experiential: Body Scan**

The goal of a body scan is to focus your attention on different parts of the body in sequence. Body scans often involve beginning at one “end” of the body, for example, the feet, and then slowly moving your awareness or focus to another area of the body. Simply notice the sensations in each part of the body at any given moment.

**Directions:**

*Start by bringing your awareness to your right big toe (Pause). Think of the toe as being made of atoms, with space between the atoms, so that the toe feels open and spacious. Now slowly shift your awareness to your second – third – fourth – and – fifth toes.*

*Gradually shift your awareness to the ball of your right foot - then the arch - top of your foot – ankle – calf – knee – thigh – and hip.*

*As you shift your awareness, continue to visualize the atoms and space between the atoms. Allow your entire right leg to relax, feeling open, spacious and light.*

*Bring your awareness to your left big toe. Think of the toe as being made of atoms, with space between the atoms, so that the toe feels open and spacious. Now slowly shift your awareness to your second – third – fourth – and – fifth toes.*

*Gradually shift your awareness to the ball of your left foot - then the arch - top of your foot – ankle – calf – knee – thigh – and hip.*

*As you shift your awareness, continue to visualize the atoms and space between the atoms. Allow your whole left leg to relax, feeling open, spacious, and light.*

*Now bring your awareness to your back (Pause). Consciously relax your lower – middle – and then upper back. Visualize each vertebra as open and spacious.*

*Relax your shoulders (Pause). This is where we hold a lot of tension in the body.*

*Slowly shift your awareness to your belly (Pause). Feel your belly rise and fall with each breath.*

*Now bring your awareness to your right thumb – second – third – fourth – and fifth fingers.*

*Then slowly shift your awareness to the palm of your hand – wrist – forearm – elbow - upper arm – and shoulder. Let your whole arm relax. Feel your entire right arm as open, spacious, and light.*

*Now bring your awareness to your left thumb – second – third – fourth – and fifth fingers.*

*Then slowly shift your awareness to the palm of your hand – wrist – forearm – elbow - upper arm – and shoulder. Let your whole arm relax. Feel your entire left arm as open, spacious, and light.*

*Now bring your awareness to your neck and jaw (Pause). Yawn (Pause). Allow your jaw and neck to relax.*

*Shift your awareness to your forehead (Pause). Soften the muscles in your forehead - at the top of your head – and the back of your head.*

*Let your whole body relax into the support of the floor or chair if you are sitting. As you inhale, imagine bringing energy and light into your body (Pause). As you exhale, visualize the tension in your body melting away (Pause).*

*If you notice any part of your body still tense, focus your breath in that area, releasing tension each time you exhale (Pause 10 seconds). If your mind wanders, simply acknowledge the thoughts and gently return to your focus (Pause 10 seconds).*

*Take a few minutes to rest and notice the experience of yourself when your mind is quiet and your body relaxed. Trust in your ability to relax (Pause 1 – 2 minutes).*

*When you feel refreshed, slowly deepen your breath (Pause). Begin to stretch and yawn, as you become aware of your surroundings (Pause). Slowly open your eyes. Know that you can return to this quiet place anytime you choose.*