



### **Body Scan meditation**

One of the easiest and most effective meditations to use, it does not involve a huge amount of imagination.

- Start with an intention as to what your outcome desires are. It could be to achieve calm and relaxation. This is a good way to relieve physical tension.
- Begin with getting into a comfortable position, eyes closed or open depending on the listener's preference and ensure both feet are flat on the floor. You can use the countdown method, counting back from 5 and with every count taking a cleansing breath.
- Once you are relaxed, your aim now is to scan your body for harboured tension.
- Start with the right foot, work your way up the body in a loop, and end with the left foot.

### **Script as follows...**

- Bring your awareness to your right foot, release any tension and let it roll outwards.
- Now bring your awareness to your right ankle, release any build-up of tension.
- Moving up to your right calf muscle, release any tension.
- Now to your right knee, notice any tension around area and breathe it away.
- Right thigh muscle, observe any tension and release it.
- Bring your awareness to the right hip, (again loosen any tension.)
- Now into your right hand, allow it to loosen and fall so you are in palm up position.
- Up to your right elbow, notice any tension and release it with a deep breath.
- Now up to the right shoulder, allow it to drop as you mentally tell it to loosen up and let gravity do its thing.
- Now to the right side of your neck, allow your head to fall forwards as the tension leaves the area.
- Notice any tension in the jaw; allow it to open slightly as all the tension leaves with every breath you take.
- Now to the left side of your neck, notice any tension and breathe it away.

- Notice any tension in the left shoulder, again allow it to loosen.
- Left elbow, notice the tension leaving the area.
- Left hand, allow it to completely fall to palm up position now as the tension and energetic build up leaves the area.
- Now to the left hip, notice any build up on tension and allow it to leave your body.
- Left thigh muscle, allow it to completely relax.
- Left knee, bring awareness to any tension there and release it.
- Left calf muscle, again allow all tension to flow out with every breath.
- Notice your left ankle, allow all tension to leave your body.
- Now to the left foot, allow it to roll outwards as the last little bit of tension leaves your body.
- With every “in” breath, breathe in positivity and exhale negativity with every “out” breath.
- Or breathe in confidence and exhale worry, this is entirely up to you.
- End the session with counting back up to 5 as you wiggle your toes, feet, legs hands etc. until you are back in focus.