

Body Scan Meditation

by Aurora Johansson

(duration: 2 min to 40 min. It's really up to you.)

1. Find a location where you will not be interrupted. Sit comfortably or lie down. Aim for dignity with your posture, eyes closed or gaze relaxed.
2. Allow your breathing to take its natural rhythm and depth.
3. Bring your attention to your **left big toe**. Feel into your toe. Once you can feel your big toe, move on to **each other toe on your left foot** one after the other. Next, feel into the **ball of your left foot**, then the arch, then the heel. Each time, pause until you can feel the sensation in that part of your body. Next, bring your attention to the **heel** of your left foot.
4. As you proceed through each of these parts, just notice the **sensations** without judgment. Do you feel warmth, coolness, itchiness, tingling, no sensation, pain, just right? Simply **observe the feeling before moving on to the next location**. If your mind wanders, simply notice this and bring your attention back to the next body part.
5. If you only have a few minutes, move on to do the same exercise with your right foot.
If you have more time, proceed up your left leg before moving on to your right foot and right leg, then on to each other area of your body. When you come to your face and head, see if you can feel into your ears, eyes and the different structures of your mouth, including your gums and teeth.
6. Acknowledge yourself for taking this time for self-care.

Remember, if your mind wanders, gently bring it back. Also, your body is wise. Each sensation is acceptable. As messages from the body go, discomfort is as valuable as comfort.

Benefits: Build your mindfulness muscles! Coming back to present gets easier and easier the more you practice.



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