

## **Body Scan – Awareness and Gratitude Script**

**Created By: Tiara Cash**

For this body scan, we will be moving through the body a couple of times today, so if you get distracted remember you can always come back to your breath:

Finding your meditative positions – eyes closed if that’s comfortable for you, or a soft gaze to the floor. Back straight, head held high, feet flat on the floor. Palms up or down. And just begin by taking a few deep breaths.

Noticing where you feel the breath the most in the body. And allowing your focus to gently rest there for a little bit.

Now I’d like for you to shift your attention to your feet on the floor. We will do a short body scan to check in with our physical bodies.

As you notice your feet on the floor. See if you can let your awareness rest there with little judgement, just noticing. See what comes up for you? What do you notice?

If you notice tenderness, or tightness can you let that go? To assist, let’s imagine taking a deep breath through the bottom of the foot and releasing it through the top of the foot – letting go of any tense noticings you’ve found in the foot.

Moving up through the ankle to the calf muscles and shins – can you notice what’s there? Any tingling, tightness, tenderness? If so, allowing yourself to take a deep breath through the back of the calf muscles and out of the front of the shins. Resting your awareness on the lower leg a little while. Checking in.

Moving up through knee cap noticing what it’s like to have the knees bent and noticing any sensations there. We will keep moving to the thigh – the hamstring and the quad. Noticing what’s there and if you feel any tightness, tingling, or tenderness just sending some compassion there and taking that deep breath through the back of the hamstring and out the front of the quads. Letting the muscles be soft and relax.

Moving your attention and awareness now through your sit bones. Sending gratitude for the ability to be seated, the hip bones for the ability to bend, and move now to the core (stomach and back). Taking a few moments here to notice what sensations come up. Your internal organs are housed here, so noticing any movement there and sending some positivity and healing to your inner body.

Taking a deep breath through the back and out of the front of the stomach, relaxing the core and giving it so much gratitude for holding you up throughout the day. The core is symbolic for inner strength, let’s thank it for all the work it does.

Moving now through the body to the upper back and chest. Taking a stop at your heart and giving your heart some love. Your heart does a lot of work all day. Sending it some gratitude for the work it’s doing right now to keep you going. Taking a deep breath through the back and out of the chest.

Moving now to the shoulders and neck. We hold a lot of our stress and tension here. So, if you notice any of that as you’re traveling through taking a moment to stop. Maybe doing a couple of shoulder

shrugs just to let your shoulders know that you see them and give them permission to release some of that. Breathing through the shoulders.

Gently moving your attention and awareness through the arms to the hands. Can you let your hands just rest gently? If you notice anything there – tightness, tingling, or anything that doesn't serve you just imagining that breath moving through the back of the hand and out of the front.

Moving up to the neck now. And noticing anything that might not serve you here as well.

Taking a deep breath out of the back of the neck and through the front of the neck, relaxing those throat muscles, letting them be easy.

And moving now to the face.

We use so many muscles of our face throughout the day to emote. But, there's no need to emote right now...just allow your face to truly relax. Taking a deep breath and imagining it going through the back of head and out of the muscles of the face, giving them permission to relax even more.

Moving now to the top of the head noticing any tingling or warmth here.

Taking a moment now to just notice how your body feels. Are you rested?

Shifting slightly - take a moment to imagine your breath as a gentle light. Move this light to the top of the head and imagine this light traveling through the body letting it spread through the neck, the shoulders, the arms, the fingers, back up to the chest, the back, the stomach, the hips, your seat, your thighs, your lower legs and finally to your feet.

Imagining the gentle light at the bottom of your feet now...let's do a couple of targeted gratitude's for our physical wellbeing.

Moving the light through the legs, you may silently repeat: thank you legs for moving toward good action and good work. Taking that light through the body up through the seat and the torso, down through the arms to the hands, you may silently repeat: thank you hands for trying to help others and do the right things. Moving now up the arms, up the throat, to the mouth and tongue you might repeat: thank you tongue for the words of kindness that you speak. To the ears and the eyes you might repeat: thank you ears and eyes for trying to hear and see the goodness in others. Spend a few moments with this gratitude as you hold the light at the top of the head thanking the whole body for allowing you to do work – which is love personified.

And finally out through the top of the head, just imagine the light to spread to as many others as it can touch.

Bringing that awareness back into the body now, taking a few deeper breaths, relishing in the silence for a moment and coming back into the present moment.

Wiggling your fingers and toes and doing a quick stretch if that feels right to you as you open your eyes!