



Guided Meditation: Body Scan

Welcome to this guided meditation. Our goal together is to center and tune into our bodies. You can do this sitting or laying in a relaxing space in your home. A place you feel comfortable and free from distractions.

If you are sitting - be sure your feet are firmly on the ground and your back rested against the chair.

If you are laying down, be sure your head is supported and your body is in a relaxed position.

Begin to close your eyes and find your chill, relaxing to the music. Imagine you are laying in a bed of clouds. On each inhale you go deeper and deeper into relaxation

Take a deep breath in and feel your stomach expand on the inhale and descend as you release your breath. Shifting your attention from the outside noise - to your internal symphony.

Whatever thoughts that may arise to distract you. Just breathe in and acknowledge your thoughts with grace then breathe out sending them on their way. Allowing you to focus on the sensations of your body as you breathe in and out.

Breath in and release. Focus on your breath. Imagine your breath as a color. Either Blue, Green, Orange, Yellow, Purple, Pink or Red.

On each inhale - imagine your color getting brighter. On the exhale - imagine the color dimming down and releasing a glow. This glow is a healing and relaxing light of energy.

Let's begin by focusing on our feet... breathe in and out ... wiggle your toes ... move your ankles right to left. Notice what sensations are happening within your feet. A release of soreness - a slight pop in your toes or ankle - or nothing at all. All of which is okay, without judgment just allow yourself to feel your body's sensations. Take a deep breath in and fill your feet with your colorful breath and release the healing glow.

When you are ready allow your feet to dissolve back into relaxation. Shifting your attention to your legs. Rotate your legs to the left and right. Breathing in and out. Becoming aware of any sensations in your knees, calves, thighs. A release of tightness... soreness... Take in a deep breath... focusing on the areas of tightness ... allowing your healing breath to fill in those spaces. Breathing in and releasing out any tensions that may be present in your legs.

When you are ready allow your legs to dissolve back into relaxation. Shifting your attention to your hips and back. Wiggle your hips around. Shifting side to side on your back. What sensations are being felt? Cracking? Take a moment to feel the sensations in your back and hips. Breathing in and releasing out. Take a deep breath in - imagine your lower back and hips being filled by your healing breath. Exhale and release any tightness.

Allow your hips and back to settle back into relaxation. Shifting your attention to your stomach, arms, and chest. Take a deep breath in filling up your stomach. Feeling your belly rise and descend. What feelings arise? a rumble in your tummy... tightness in your chest... Or nothing at all. Allow your sensations to come and go. Relax - breathe in and release.

Bring your focus to your arms and fingers. Wiggle your fingers, rotate your wrist, bring some light movement to your arms by shifting its position. What do you feel? Tingling? Tightness?

Breathe in and allow your healing breath to fill in the spaces of tension and release. Let your upper body dissolve back into relaxation.

Now bring your focus to your neck and head. Move your head left to right. Releasing any soreness... or tightness... Take in a deep breath - filling up your headspace with your healing breath and breathe out - releasing any discomfort. Notice the movement of your breath as you breathe in and release out. As you exhale, you might notice the softening of any tension in your neck or forehead. Take in one more deep breath and release. Allow your head to shift back into relaxation.

Breath in and out slowly

Shift your attention to your breath... bring your focus on the color... imagine that glowing light that is now flowing through your body being extended to your outer body. Casting a healing light of protection.

Repeat after me. "My body is strong, my mind is clear, I release all fear and worry stored in my body creating space for healing and happiness to enter." You are whole. You are complete. You are loved.

When you are ready begin to slowly open your eyes and begin to stretch out... Stretching your arms and legs. Wiggling your toes and fingers. Bringing your attention to the present moment. Feeling more intuned with your body.