

Body Scan Meditation

Begin by sitting in a comfortable chair with your arms and legs relaxed. Find a balanced, stable position.

Take a few moments to begin to notice the sensations of breathing.

Now draw your attention to your feet. Notice the pressure of your feet against the floor, the temperature, comfort or discomfort, itches or anything else.

Expect your mind to wander, and when it does, return your attention to your feet without judging yourself or giving yourself a hard time. Let your attention rest with your feet in this way for a few breaths.

Move your attention to your lower legs. You might feel the touch of clothing and you might feel nothing at all. Sustain your attention without rigidly exhausting yourself. Whatever your experience, that's what you are supposed to feel right now.

Pacing yourself, turn some kind of attention to your abdomen and then to your chest. Notice physical sensations, such as breathing, internal feelings like hunger or fullness, and the resonance of any emotions- physical manifestations of happiness, sadness, tension, anger, feeling open or closed.

Now, continue turning to the rest of your body in the same way, spending several breaths on your back, hands, and then arms. Feel your neck, shoulders, releasing tension when you are able without fighting what remains.

Whether you feel relaxed or tense, restless or invigorated, pause before concluding. Take a moment of stillness, and then, without intention, choose when to move on with your day.

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