

## Mindfulness 7

### Body scan

Try to sit comfortably, and, once again, close your eyes if you feel comfortable, or, if you prefer, lower your gaze and focus on the floor. Turn your attention to your breathing. Breathing in and out. Try to re-connect to that soothing rhythm that is most comfortable and soothing for you. If that seems hard, do not worry, just breathe as comfortably as you are able.

When you have found that soothing rhythm or are breathing comfortably, I would like you to focus on your legs. Notice how they feel for a moment, try to notice any tension. Now, imagine that all the tension in your legs is flowing down through your legs, down into the floor, and away. Let it go on its way. So, as you breathe in, try to notice any tension in your legs, and then, as you breathe out, imagine the tension flowing down through your legs, and out through the floor. Imagine your legs feeling grateful that they can let the tension go. Just spend as much time as you find is helpful to explore the idea of letting that tension go, letting it go with kindness.....

Now let's focus your attention on your body; noticing the tension in your body, from your back down to your stomach, and again, as you breathe in, try to notice that tension, and as you breathe out, imagine the tension leaving this part of your body, going down through your legs, down through the floor and away. Imagine that your body is grateful and you feel kind to it.

Now focus on the tips of your fingers, through your wrists, your arms, elbows and shoulders. Imagine that the tension that is there can be released, be let go of. So, as before, breathing in, noticing any tension in your wrists, arms, elbows and shoulders, and then breathing out, letting that tension go. Let it run down through your body, down through your legs, through the floor and away.

Now notice the tension that sits in your head, neck and forehead. The tension has been your alert system in action and it would like to be released, to take a rest. So, again, as you breathe in, notice any tension in those areas, and as you breathe out, imagine it running down through your body, down through your legs and out down through the floor.....

Now, turn your focus to your whole body. Each time you breathe in, notice any remaining tension, and as you breathe out, focus on the word relax. Just imagine your body becoming more relaxed. Just spend a few more moments on this.

We will now end this exercise by taking a deeper breath. Once you have done this, you might like to move the body around a little, noticing how it feels. You might like to wiggle your fingers or toes gently, before opening your eyes, if you have closed them; re-focusing on the room around you.