Body Scan Meditation
Body Scan Meditation

Body Scan is an exercise designed to help you become comfortable with focusing on all the different parts of your body in the present moment. If any other thoughts come into your mind as you do this, acknowledge them, but let them pass without judgment. Try to just be comfortable with what’s there, both physically and mentally.

Instructions

Begin by bringing your attention into your body.

You can close your eyes if that’s comfortable for you.

You can notice your body seated wherever you’re seated, feeling the weight of your body on the chair, on the floor.

Take a few deep breaths.

And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.

You can notice your legs against the chair, pressure, pulsing, heaviness, lightness. Notice your back against the chair.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.

Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw. Let your face and facial muscles be soft.

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a breath. And then when you’re ready, you can open your eyes.
**Time Required**
20-45 minutes, three to six days per week for four weeks. Research suggests that people who practice the body scan for longer reap more benefits from this practice.

**How to do it**
The body scan can be performed while lying down, sitting, or in other postures. The steps above are a guided meditation designed to be done while sitting.

*Useful links*: [http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3](http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3) – audio recording of body scan instructions