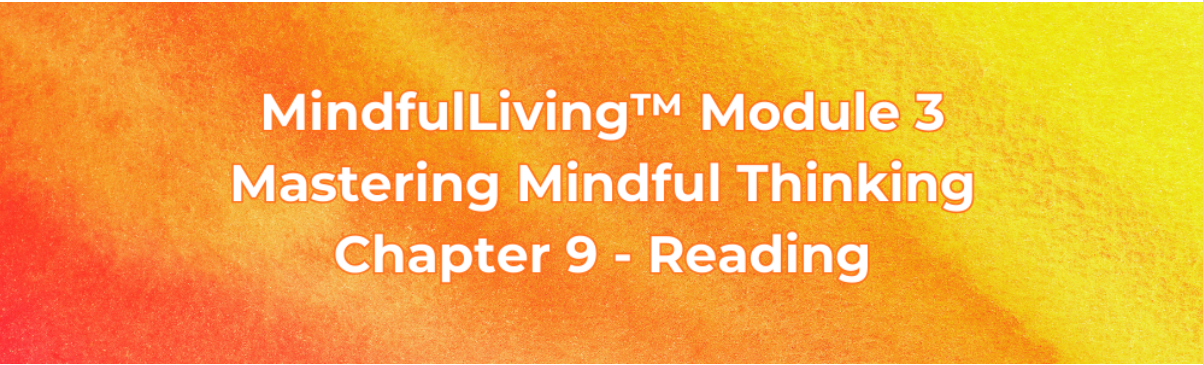




MindfulLiving™ Module 3

Mastering Mindful Thinking

Chapter 9 - Reading

The Body Scan Meditation

Adapted by Shery Clein, MindfulLiving™ Coach

© 2019 Jon Kabat-Zinn Excerpted from Coming to Our Senses

The body scan is a powerful, healing form of meditation and a key component of our MindfulLiving™ practices. It involves systematically directing your attention through various parts of the body, starting with the toes of the left foot and moving through the entire foot—its sole, heel, and top—then up the left leg, including the ankle, shin, calf, knee, thigh, groin, and hip. This process is then repeated on the right side.

Next, shift your focus to the pelvic region, including the hips, buttocks, and genitals, and continue through the lower back, abdomen, and upper torso—covering the upper back, chest, ribs, heart, and lungs. Move your attention to the shoulders, arms, and hands, starting from the tips of the fingers and thumbs, through the palms, backs of the hands, wrists, forearms, elbows, upper arms, armpits, and shoulders again. Finally, direct your focus to the neck, throat, face, and head.

During the body scan, you bring intentional, mindful attention to different body regions, noticing and accepting sensations without judgment. This practice lets you observe your body's sensations in detail and deliberately. Remarkably, we can focus on these sensations and be aware of them without moving.

As you practice the body scan, you may experience sensations more intensely, including pain or discomfort. In the context of MindfulLiving™, however, you approach these sensations with openness and without immediate reaction. This practice fosters a deeper connection with your body, helping you to experience sensations with less emotional reactivity and judgment. By observing sensations without trying to change them, you develop a greater sense of patience and acceptance.

Awareness itself plays a crucial role in this practice. It transcends the physical sensations, integrating them with a broader sense of experience. Awareness helps to manage pain and discomfort by recognising them without being overwhelmed. This shift can bring profound freedom and relief, even amidst discomfort or pain.

The body scan can be practised in various ways depending on your time and needs. Whether you engage in a quick scan during a single breath or a more extended practice lasting several minutes, the goal is to connect with your body meaningfully. You can perform body scans while lying down, sitting, or standing, adapting the practice to fit your daily routine.

BODYSCAN

Physical sensations you might notice with the body scan

Achy	Pounding	Soft/rough
Airy/dense	Prickly	Stiff/flexible
Burning	Pulling	Stringing
Clammy/dry	Pulsing	Tense/relaxed
Cutting	Tight/Loose	Throbbing
Itchy	Tingly	Sinking
Light/heavy	Shaky	Trembling
Numb	Shooting	Vibrating

Emotional reactions you might notice with the body scan

Anger	Fear	Joy
Anticipation	Frustration	Release
Disgust	Grief	Sadness
Enjoyment/wanting to continue	Impatience /wanting to stop	Surprise

Thoughts that may occur

Circular thinking	Judging your experience	Reviewing the past
Evaluating/analysing	Labelling/cataloguing	Thinking about others
Imagining the future	Planning	Wishing/hoping/comparing

NOTE: If you experience too much discomfort, panic, or fear, stay with your breath until you feel better.

If you feel too uncomfortable or anxious during the practice, focus on your breath to regain calm. You might also try opening your eyes, looking at something comforting, or taking a short break. Even if it means interrupting the practice, self-care is essential to mindfulness.

I appreciate your dedication to the MindfulLiving™ program. We appreciate your commitment and are here to support you in addressing any challenges. Enjoy the process, and reach out if you have any questions or need assistance.

Blessings. Stay Healthy 🧡 Love, Shery.

