

MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 13 Resources: Body Scan

Body Scan Meditation: MindfulLiving™ Instructions

Preparation

1. Find a Comfortable Position:

- Lie on your back on a padded surface (floor or bed).
- Support your knees and head to minimise discomfort.
- Arms rest alongside your body, palms facing up.
- Feet can gently fall apart for relaxation.

2. Adjust Your Posture:

- If lying flat is uncomfortable, choose any position that feels better.
- Feel free to shift positions as needed throughout the practice.

3. Awareness and Intent:

- This meditation is an invitation to awaken over the next 30 minutes.
- If drowsiness occurs, try practising with your eyes open occasionally.

Mindfulness Approach

• Be Present:

Immerse yourself in the present moment, approaching this experience with an open heart and mind.

• Welcome Experiences:

Acknowledge sensations, thoughts, or emotions as they arise without judgment. Remember, there's no right way to feel.

• Nourish Yourself:

Use this time to be present with yourself, allowing positive energy and attention flow.



SELF-COMPASSION QUOTE OF THE DAY

“ Listening to the body is a sacred art; in stillness, we discover its stories, sensations, and healing. By practicing the body scan regularly, we cultivate a deeper connection with ourselves, navigating pain and discomfort with greater ease while embracing the present moment. ”

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Starting the Practice

1. **Body Awareness:**

- Bring your attention to your body as a whole.
- Acknowledge that as long as you're breathing, there is more right with you than wrong.

2. **Sensations of Contact:**

- Feel the sensations where your body meets the surface beneath you.
- Notice the air surrounding your body and become aware of your breath.

3. **Breath Focus:**

- Let your attention rest on your breath, its rhythmic rise and fall.
- Let yourself sink deeper into the surface with each out-breath, releasing tension.

Guided Scan

1. Left Foot:

- Focus on the **toes of your left foot**. Notice sensations—coolness, warmth, tingling, or numbness.
- Imagine your breath flowing into your left leg and toes with each in-breath and back out on the out-breath.

2. Left Foot to Leg:

- Shift your attention to the **bottom of your left foot** (sole, instep, heel). Breathe into this area.
- Move to the **top of the foot and ankle**. Feel any sensations present.

3. Left Lower Leg:

- Shift awareness to your **left lower leg** (shin and calf), welcoming any sensations.

4. Left Upper Leg:

- Move your attention to the **left thigh**, breathing into this area.

5. Right Side:

- Shift your focus to the **toes of your right foot**. Feel sensations and breathe into this area.
- Move to the **bottom of the right foot**, then to the **top of the foot and ankle**.

6. Right Leg:

- Shift awareness to the **right lower leg and knee**.
- Move to the **right upper leg** and thigh, breathing into this area.

7. Pelvic Region:

- Focus on the **pelvis**, feeling the hips, groin, genitals, and buttocks. Cradle this region in your awareness.

8. Lower Back:

- Direct attention to the **lower back** (lumbar spine). Breathe into this area, allowing tension to soften.

Conclusion

- **Continue the Exploration:**

- As you practice this body scan, nurture a deeper connection to your body and cultivate mindfulness.
- Embrace the experience as you explore the sensations and awareness within you.

Reflection & Application

- Consider the following questions as you complete the body scan:
 - What sensations did you notice in your body?
 - How did your mind respond during the practice?
 - What feelings arose, and how did you relate to them?

Closing & Encouragement

As you conclude this meditation, remember that self-compassion is a journey. Be gentle with yourself and acknowledge the effort you put into this practice. Allow it to nurture your sense of self-awareness and connection to your body.

Disclaimer

This program is designed for educational purposes and is not a substitute for professional medical advice or treatment. If you have specific health concerns, please consult a licensed healthcare provider.

Thank You Message

Thank you for joining me in this practice. I appreciate your commitment to nurturing your self-compassion and awareness.

Warmly,

Shery Klein, MindfulLiving™ Coach

Nurturing Awareness Intelligence



MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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