



MindfulLiving™: Unveiling the Transformative Potential of Body Scan Meditation

In crafting MindfulLiving™, I've distilled the wisdom of renowned body scan meditations, offering a guided exploration that empowers you.

Embark on a journey of self-discovery and inner peace as you uncover the transformative potential of this practice.

Transformative Journeys Begin with a Single Breath.





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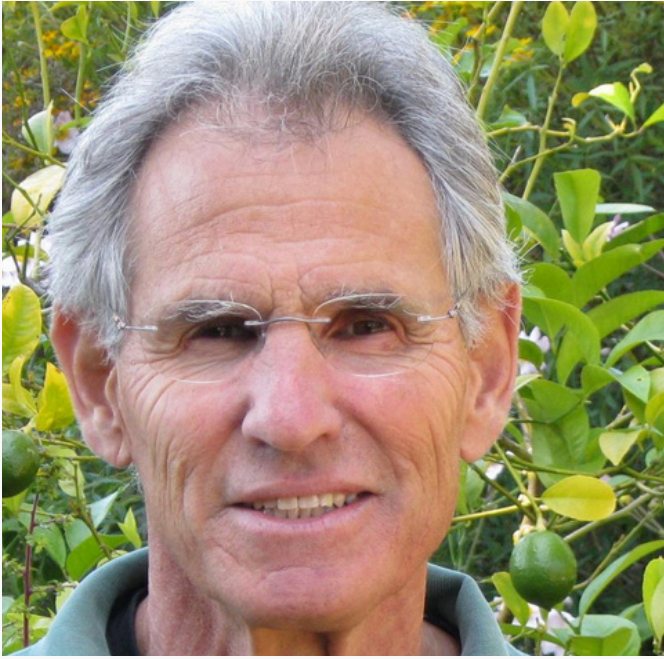
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Transformative Journeys Begin with a Single Breath.



Body Scan Meditation:



Jon Kabat-Zinn is an American professor emeritus of medicine and the creator of the (MBSR) Mindfulness-Based Stress Reduction Clinic, the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Born on the 5 June 1944 in New York. USA



Shery Clein is a Certified Personal Coach specialising in MindfulLiving™, utilising this powerful tool to enhance cognitive skills. Based in Johannesburg, South Africa, she has studied alternative wellness modalities, nutrition, and yoga, with a passion and focus on the interconnectedness of mind, body, and spirit.



“Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are.”..... Jon Kabat-Zinn



Module 6: Compassionate Communication

Chapter 15 – MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices
by Shery Clein.

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Body Scan Meditation: A Journey of Inner Awareness

Introduction:

Welcome, learners, to Module 1 of MindfulLiving™ on Simple Awareness. I'm Shery Clein, your certified personal coach and the creator of MindfulLiving™. Today, we embark on a transformative journey – exploring the Body Scan Meditation.

Understanding Your Inner Landscape:

- **Physical Sensations:** Tingly, burning, throbbing, etc. These offer valuable insights into your present state of being.
- **Emotional Reactions:** Joy, sadness, fear, etc. These are natural and provide valuable cues for self-awareness.

Cultivating Mindfulness Amid Thoughts:

When thoughts arise, whether about the past, future, or anything else, the key is acknowledging them without judgment.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Observing Thoughts Mindfully:

Practising a non-judgmental approach allows observing thoughts from a distance, fostering mindfulness and self-awareness.

MindfulLiving™ Body Scan:

The crux of MindfulLiving™ Body Scan is in the gentle observation, which plays a pivotal role in fostering a connection with the body and mind in the present moment. Despite the potential for intense emotional or physical reactions, the practice encourages allowing them to be present and gently refocusing on the breath.

Cultivating Sensory Intimacy:

Within mindfulness, sensations are met with increased accuracy and less judgment or aversion. Through the body scan, a deeper intimacy with raw sensation is cultivated, embracing the reciprocity between sensations and awareness. This process enables a profound exploration of the mind-body connection.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Navigating Sensations Mindfully:

This transformative process often results in a diminished disturbance from sensations or a wiser, more accepting response, even amid acute experiences.

Managing Wandering Thoughts:

Wandering thoughts are a natural aspect of meditation, presenting opportunities for awakening to the present moment. Cultivating a gentle approach towards these distractions fosters mindfulness. Each return to awareness is celebrated as a success, akin to guiding a playful puppy with patience and encouragement.

Discovering Comfortable Positions:

Addressing physical discomfort during meditation is critical to maintaining focus and ease. Individuals can enhance their experience by finding a position that balances alertness and comfort, such as adjusting hips or using cushions. Embracing mindful movement, such as acknowledging the urge to shift before adjusting, further enriches the practice.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Observing Breath Without Control:

Paying attention to the breath without controlling it requires patience and practice. In MindfulLiving™, we observe the breath non-judgmentally, akin to watching waves on the beach. Observe the impulse without resistance if you are trying to control your breath. Over time, this awareness can lead to moments of natural, uncontrolled breathing, deepening your connection to the present moment.



MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Journeying Through the Body:

The body scan meditation, central to MindfulLiving™, is a potent tool for healing and relaxation. This practice involves systematically traversing the body, from the toes of the left foot to the neck, face, and head, fostering a deep sense of connection and presence.

During the body scan, attention is directed to the sensations present in each area, promoting the release of tension and stress. By methodically exploring the body, individuals cultivate a loving awareness that nurtures emotional well-being.

As the body scan unfolds, we encourage you to embrace curiosity and interest, honouring every part of your being. From the soles of the feet to the crown of the head, this transformative practice fosters self-awareness and inner harmony, offering a profound pathway to healing and self-understanding.

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**Close your eyes and open your
mind to the beauty within.**



**Close your eyes and let your
imagination soar!**

In the darkness behind closed lids lies a world waiting to be discovered, a universe of dreams and possibilities. Open your mind to the richness within as you shut out the external distractions. Embrace the stillness, and let it guide you to the depths of your soul. With closed eyes, we embark on a journey of introspection and self-discovery, where the whispers of our inner voice become clear and profound. So, let us close our eyes, not to shut out the world, but to invite the wonders that lie within.

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Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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The Body Scan Practice:



Introduction

Welcome, everyone, to this body scan meditation session. Today, we embark on a journey inwards, connecting with ourselves in the present moment. As we begin, allow any thoughts or feelings to arise without judgment. This time is dedicated to nurturing calmness and awareness within yourselves.

Finding Comfort

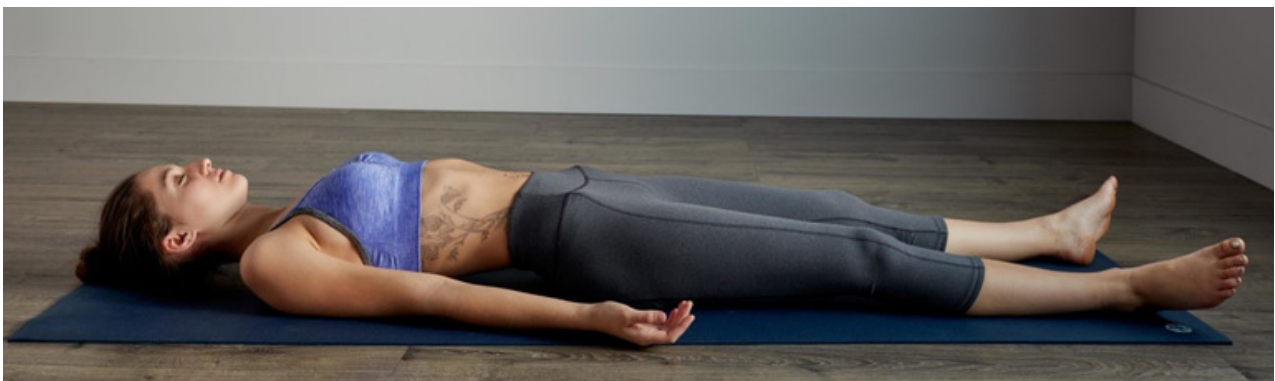
First, find a quiet, comfortable space to lie down on your back with your legs uncrossed and arms relaxed at your sides. Take a few moments to settle in, releasing distractions and tension from your body and mind. Let your body connect with the support beneath you.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Recline and realign: finding peace in the stillness of the body scan.



Feel the gentle embrace of gravity as you relax, each muscle releasing tension with every breath. The soft support beneath you cradles your body, inviting you to surrender to the moment. With eyes closed, you drift effortlessly into a state of serenity, your mind easing into tranquillity. As the world fades away, you become one with the soothing rhythm of your breath, immersed in the blissful calm of relaxation.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Breath Awareness

Now, let's dive into the practice. Imagine your breath as a gentle wave, flowing in through your nose, filling your lungs completely. Feel your belly rise and fall with each wave. Hold for a moment, and then let the wave gently flow through your mouth, removing any tension with it. Feel the calm washing over you with each wave.

Feet-to-Head Progression

Let's begin our body scan. Gently guide your awareness down to your feet. Notice any sensations present there – warmth, coolness, pressure, tingling, or perhaps nothing. Observe these sensations without trying to change them.

(Pause for a few moments)

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Feet-to-Head Progression:

Feet: Notice any sensations present there – warmth, coolness, pressure, tingling, or perhaps nothing. Observe these sensations without trying to change them.

Ankles, Calves, and Knees: Slowly guide your awareness up your lower legs. Pay attention to any sensations, or lack thereof, in each part.

Thighs, Hips, and Pelvis: Observe the weight of your body and the support beneath you.

Lower Back, Abdomen, and Chest: Notice the rise and fall of your breath in this area.

Hands, Arms, and Shoulders: Feel any tension present, acknowledging it without judgment.

Neck, Throat, and Base of Skull: Notice any tightness and allow it to soften with each breath.

Face: Gently rest your awareness on your face. Observe the sensations in your jaw, cheeks, eyes, forehead, and the top of your head.

MindfulLiving™ Body Scan

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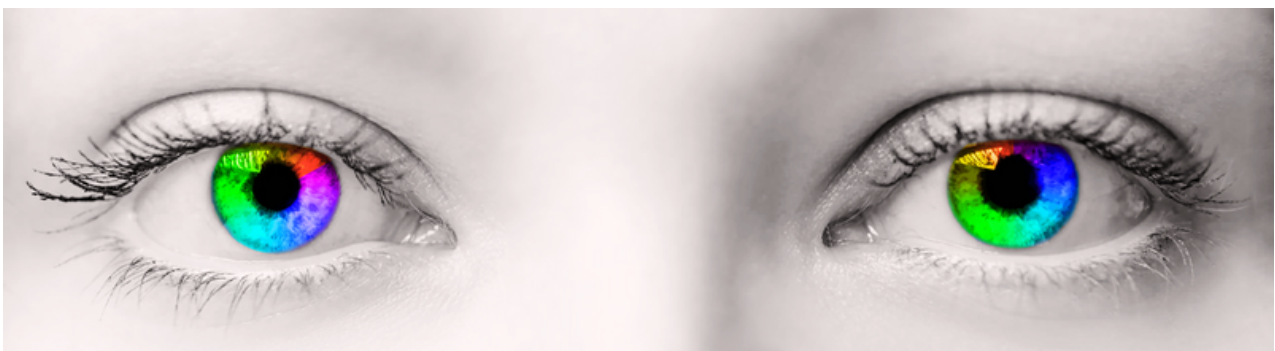
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Whole Body Awareness

Expand your awareness now to encompass your entire body. Feel the collective sensations as a whole, breathing with the entirety of your being. Imagine a gentle wave of awareness washing over each part of you, promoting relaxation.

Closing

As we end our body scan, take a few more deep, mindful breaths. When you're ready, gently wiggle your fingers and toes, bringing movement back into your body. Open your eyes slowly, stretch if needed, and return to your day with a renewed sense of peace and calm. Carry this sense of inner awareness with you throughout your day.



MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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**Recline and realign: finding peace
in the stillness of the body scan.**



Alan's Journey: Embracing Peace and Quiet Through Mindfulness

"Engulfed in the serenity of dimmed lights and the soothing melody of birdsong, I find profound solace lying on my back. With each breath, I sink deeper into relaxation, shedding the weight of the day's stress. In this tranquil moment, I rediscover the beauty of stillness, grounding myself in the present and embracing inner peace like never before."

Karabo Williams – *Houghton JHB*

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Benefits of the Body Scan:

- **Deep Awareness:** We hone in on subtle body sensations, deepening our awareness of the body's intricate signals, which are often overlooked in daily life.
- **Compassionate Connection:** We cultivate a compassionate connection with our physical selves, acknowledging the profound interplay between body and mind.
- **Heightened Awareness:** We transcend the observer/observed separation, fostering a sense of unity and interconnectedness.
- **Respite from Discomfort:** By embracing sensations without judgment or reactivity, we develop resilience to pain or discomfort.
- **Promotion of Healing and Self-Discovery:** We explore the depths of our being and embrace the body's wisdom, promoting healing and self-discovery.

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Rediscovering Embodiment Through the Body Scan Meditation

In pursuing mindfulness, we often overlook the profound miracle of embodiment. Yet, reconnecting with this innate connection can be transformative, offering profound healing through practice and a spirit of adventure.

Enter the body scan meditation—a brilliant tool for tuning into the intricacies of our physical being. Whether likened to tuning an instrument, exploring a universe, or refreshing a house, the body scan offers a method to cultivate mindfulness and clarity in our lives.

Highly adaptable, the body scan accommodates any schedule, from swift one-breath scans to leisurely twenty-minute sessions. Beyond time constraints, its essence lies in fostering a deep connection with ourselves, grounding us firmly in the present moment and beyond.

MindfulLiving™ Body Scan

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Journey Within: Embracing the Body Scan for Renewed Connection

Acknowledging the marvel of embodiment is crucial. It offers profound healing and a spirit of adventure. Despite not always being the preferred meditation, the body scan serves as a tuning mechanism for our bodies, akin to letting fresh air cleanse our inner landscape.

Viewing the body scan as a tool for understanding our physical selves underscores its significance. This versatile practice allows quick scans tailored to individual time constraints, facilitating a holistic connection with oneself beyond time constraints. Through the body scan, individuals delve into a journey of self-discovery and renewal, fostering a deeper understanding and appreciation of the body.

MindfulLiving™ Body Scan

Adapted from Jon Kabat-Zinn's practices by Shery Clein.

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Versatility of the Body Scan:

Body scans are valuable tools for self-exploration. They can be practised lying down, sitting, or even standing. Regardless of the position, they offer a versatile means of reconnecting with the body's innate wisdom and vitality.

Join MindfulLiving™:

Begin your transformative journey of self-discovery with the Body Scan, guided by Shery Clein, a Certified Personal Coach with a wealth of experience in MindfulLiving™.

PLEASE NOTE:



If you experience too much discomfort or become panicky or scared at any point, stay with your breath until you feel better.

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Be Kind to Yourself

If you feel overwhelmed, try opening your eyes and looking around the room for comfort. Gaze at something soothing, like a favourite piece of art or a photo of a loved one. Going for a walk, reaching out to a friend, or enjoying a cup of tea can also help you ground yourself. Remember, taking care of yourself is not just a part of your mindfulness practice but a crucial and valued aspect.

We appreciate your dedication to this journey and are here to support you through any challenges you encounter. Let's make this journey together enjoyable and fulfilling!

Please contact Shery Clein via WhatsApp at +27824588151 or email at shery@sheryclein.com.



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**Embark on a Journey Within, Exploring
the Depths of the Body Scan**



**Discover Inner Harmony: Delving into Bliss
Practising the Body Scan Meditation.**

 **Shery Clein**
Mindfulness Coach