

## Mindfulness@Work

### HOW TO: A Body Scan Meditation Practice

- find a quiet place to lie on the floor or sit tall in a chair with your hands in your lap
- close your eyes or find a soft gaze
- breathe naturally and with ease
- bring your attention to your breath; you can find a spot, your nose or your heart area to focus
- as thoughts come up, continue to gently bring your attention back to your breath
- bring your attention into your body
- your body feeling the weight of your body on the floor or the floor.
- take a few deep breaths to bring in more oxygen enlivening the body
- as you exhale, have a sense of relaxing more deeply
- notice your feet on the floor, notice the sensations of your toes and feet touching the floor, the weight and pressure, vibration, heat
- notice your legs against the floor or chair, pressure, pulsing, heaviness, lightness
- notice your back against the floor or chair
- bring your attention into your hips and stomach area, if you sense any tension or tightness, let it soften
- take a breath, notice your hands, allow them to soften
- notice your arms and feel any sensation in your arms, let your shoulders be soft.
- notice across your collar bones and chest and heart area, take a deep breath, let the exhale soften the entire area of your chest
- notice your neck and throat, let them be soft, relax
- soften your jaw, let your face and facial muscles be soft
- notice your forehead and the crown of your, head let it all soften
- take a long deep breath, notice your whole body toes to head connected and relaxed, take one more breath
- be aware of your whole body, take a breath, exhale with a soft sign
- when you're ready, open your eyes

For a guided 10 or 20-minute Body Scan audio see the Prasada website under RESOURCES at [www.prasadawholebeing.com/resource-page](http://www.prasadawholebeing.com/resource-page).

## Mindfulness@Work

### The Body Scan Meditation

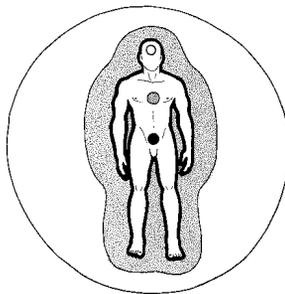
---

As life gets busy it is easy to spend quite a bit of time living outside your body while thinking of the future or the past, preoccupied with your thoughts and disconnected from your physical body. The body can inform us of a lot of things if we are actually paying attention.

The body is like a piece of soft clay. All of our experiences leave an imprint that stays with us. We keep adding imprint after imprint after imprint. These show up in the body as sensations; physical tension or emotions. When we take the time to notice and investigate we can soften and release these sensations.

Mindfulness is paying attention to your life in the present moment. The body scan is a formal meditation practice that build your skills in mindfulness.

*The body scan meditation is a practice to check-in with your body, to physically ground and anchored you to the present moment.*



The body scan practice can help you:

- notice tension in an area of your body and release it
- get anchored to where you are physically at this moment, get out of your head
- practice non-judgement, noticing each body part and accepting it as it is with compassion
- sleep better using this a tool for relaxation and calming of the mind
- notice a “gut feeling” or other message your body may be giving you about a situation
- gain insight to connect the things in your life to physical sensations in your body

You will be doing a check-in with the entire body from the toes to the top of the head. With each body part you are simply noticing any sensation, without judgement, and then releasing any tension. It can be done either lying down or sitting comfortably in a chair.

You can also do this scan for yourself when you are riding on the train or for a few minutes between activities or tasks at work to reset and relax, or as you lie down at night for sleep.