

5 Minute Body Scan Meditation Script - This meditation can be found on YouTube (<https://www.youtube.com/watch?v=z8zX-QbXIT4>)

For today's meditation, we're going to do a 5-minute body scan. Take a moment to allow your body and mind to settle into a state of calm relaxation. A wonderful feeling emerges from the knowledge that you are taking time for yourself. Your mind and body are responding to this gift. Tune into your natural breath as you begin to sink deeper and deeper into a state of peace. Notice your body in its current position, feeling the weight of your body on the chair or the floor. Take a few deep breaths. Breathing in energy and becoming more aware with every exhale. Bring your attention to your feet. Notice the sensations and any points of contact that are present for you. Perhaps, the feel of the floor beneath your feet or the absence of floor. The weight and pressure of your socks or shoes. The temperature. Perhaps the feel of the air on your skin, whatever is present for you. Now notice your legs, tune into any point of contact or sensations; pressure, pulsing, heaviness, lightness. Notice your back. Rest your awareness in the body and stick with whatever sensations arise. Bring your attention to your belly. If your stomach is tense or tight, let it soften. Now, notice your hands. Be aware of any sensations that are present. If you notice your hands are tense or tight. See if you can allow them to soften. Notice your arms. Feel any sensations in your arms. Let your shoulders relax. Feel your body becoming heavier as you become more and more deeply relaxed. Notice your neck and throat, tuning into whatever is your direct physical experience. Soften your jaw. Let your face ease into a relaxed expression. Now notice your whole body. Be aware of your whole body as best as you can. Notice the difference that these 5 minutes have made and when you're ready, you can open your eyes.