

Sensation Awareness Practice

Body Scan

Tune into yourself, what is easy in a gentle way. Tuning into whatever is there - as it's focused upon. Effortless awareness with gentle effort is the intention of this exercise.

With gentleness noticing the RIGHT foot, noticing what is there or not there.

Then the right ankle, lower leg - calf and shin then the right knee

The upper leg to the hip

Now take your attention to your LEFT foot

The lower leg, shin and calf to the left knee, now the upper leg to the hip.

Now notice your RIGHT hand to the wrist, forearm and elbow to the upper right arm.

To the shoulder Now the LEFT hand, wrist, forearm, elbow to the upper arm and shoulder.

From both shoulders take your attention to the back of the neck up the back of the head around to the sides of the head to the top of the head, forehead, ears around the eyes, cheeks and jaw, mouth, to the tongue and gums from the face to the front of the neck, sides of the neck and to the back of the neck down the shoulders to the spine and down the back to the mid and lower back to the sacrum and down the coccyx - tail bone to the seat, pelvis and the base of the pelvis to the seat bones and the perineum the base of the pelvis resting on your seat internally to the belly and center below the belly button up to the solar plexus and to the respiratory diaphragm up to the ribs and then chest and around the body and up to the collar bones going in noticing the organs in the chest

And now become aware of your whole body tip of the head to the toes, whole body awareness.

Noticing yourself in this moment.

Maybe you notice the environment around you.... the temperature.... are there sounds.... sense your whole body in this space now.

Noticing your breath and any other physical sensation. Such as tingles, waves, warmth, lightness or heaviness.

Expand your attention to everything in your awareness from a specific sensation.

If there's an emotion or a feeling arising for your body at this time allow yourself to feel seen by your Self as you move back into the room letting your eyes go where they want to. Allow them to roam the room with effortless attention in a gentle way. Notice how you are doing overall having completed a body scan.

