**Body Scan – Peter - Script**

Give yourself permission to take the next few minutes for yourself. For just a little while let go of all outside concerns….. Make yourself as comfortable as possible. Lying down on your back, or sitting in a dignified position, covering yourself with a rug or blanket if you need to. Uncross your legs, ankles and arms……….Allow your eyes to close gently.

The aim of this practice is not to cause anything to feel different, not to become relaxed or calm: this may happen of its own accord, or, it may not happen. The intention of the practice is to direct your awareness, as best as you can, around your body with an air of gentle curiosity. As you move your awareness don’t try to change what you find, as best as you can just notice what is there and let it be. Or, if you find no sensation, just notice that.

Take a few moments to get in touch with the movement of your breath and the sensations in your body………….. Become aware of the changing patterns of sensation in the abdominal wall as you breathe in…and as you breathe out. Take a few breaths and experience your breath moving in, and out, of your body.

(3 breath pause)

When you are ready, bring your attention to the sensations of touch or pressure, where you body makes contact with the surface beneath you. On each out breath, allow yourself to let go and sink a little deeper into that surface.

(2 breaths)

On your next breath, as you breathe in,… take your awareness to your feet… Left, right or both feet together…. Without moving any part of your feet, just notice them as best as you can, what’s there or what isn’t there. Perhaps, notice the sensation of the toes in contact with each other, the feelings of your foot resting on the surface below. Any sensations of warmth, cold, stiffness, comfort, whatever you notice hold it in your attention……...if there is a lack of sensation then notice that………… if your mind wanders, as minds do, as soon as you notice, acknowledge where the mind has been and gently bring it back to noticing what is or isn’t going on in your feet.

(1 breath)

On the next in breath… move your attention to your lower legs, to the ankle…, the shin…, the calf…, the knee. …Bring your awareness, with its gentle curiosity, to what is happening in your lower legs, both on their surface and deep down in the joints and the bones.

2 breaths

Now, let your awareness travel up into your thighs and buttocks… Notice the sensations, any tension, temperature, comfort or discomfort. Let your attention travel throughout this area and see what’s there, if anything is there at all.

2 breaths

When you are ready, move your attention to your abdomen and chest. Allow your curiosity to explore and to see what sensations are there. The body does much of its work in this area…. Let yourself become aware of any sensations that exist here. If and when your mind wanders, gently bring it back to focus its attention on your body and what you find there.

2 breaths

As you breath…, let your awareness travel down your arms, from your shoulders to the tips of your fingers. What do you notice? ………..

(3-4 breaths)

With the same gentle curiosity bring your attention back up your arms and into your shoulders and upper back…. What do you find in your shoulders and back?

(3-4 breaths)

Now… let your awareness travel to your neck…, head… and face… Spend some time noticing what is there in this topmost region of your body.

(3-4 breaths)

Having scanned the whole body in this way…, spend a little time being aware of your body as a whole, as you sit or lie, letting the breath come in, and out of your body. If you become aware of any tension or other intense sensation in a particular part of the body, try to breathe into that area, using the breath to gently bring awareness right into the sensation, and on the out breath, as best as you can, have a sense of letting go or releasing of the tension or the feeling.

2 breaths

As you continue to breathe with awareness…., gradually expand your awareness to include the room in which you are sitting or lying…. and the sounds around you….. As you bring your awareness back to your surroundings, as best as you, bring with you the attitude of gentle curiosity to whatever you are going to do next.