Mindfulness Support Group

Week 2 – Body Scan Technique

Perception in life, and in mindfulness practice, is key. How you see things (or don’t see them) has a large part in determining how we react or respond to them. This lesson will teach you to cultivate a greater degree of awareness of how you react to stressors. Changing perception of, and response to, challenges/stressors, will impact the short and long-term effects of stress on mind and body.

What is the body-scan technique?

Some describe this technique as a key pathway to full presence is “...awakening through the body.” Through a guided body-scan meditation one may relax and receive the play of sensations of our body that often go unnoticed or ignored. Using body-scan and focused breathing we can experience physical and psychological “alive-ness”, awareness and focus. By changing our relationship with “discomfort” (stress) we can be more present and tuned in to what is, or needs to be, happening around us. One participant share this regarding the use of body-scan:

“Now, I notice that I am increasingly able to stay and examine sensations that show up in my body when I feel upset on its way. I can be with my stress-clenched butt, my indignant-jaw, my quaking belly. By practicing the body scan, I am learning to stay softly present to the United Colors of Stress as it tries to hole up in my body. More and more, I can notice what I feel without having to hold on to it. I can let it go and return to the present moment over and over. Damn, I’m good.” (E. Smookler, 2016).

The recommended time for a full body-scan is 30 or 40 minutes but a little time (10 minutes) is better that no time at all. Lying down may be “best” but seated works just fine too. Eyes closed allow the most focus but downward gaze works well too. We will:

- Bring awareness to breathing in and out.
- Notice touch and pressure where you make contact with seat or floor.
- Take time to experience and notice each area of the body. Sensations may include buzzing, tingling, pressure, tightness or temperature or whatever else you notice.
- There are no right answers – it’s you and your body. Be present without judgment.

Let’s get started.

Recording here:

https://www.tarabrach.com/guided-meditation-body-scan-living-presence-11-min/


Recording here: https://www.mindful.org/beginners-body-scan-meditation/