

# Body Scan Meditation

A step-by-step guide for beginners on how to perform a body scan meditation. This practice aids in releasing tension and promotes mindfulness by focusing on different parts of the body.

## Step 1: **Preparation**

Choose a quiet and comfortable place to sit or lie down. Ensure you won't be disturbed for the duration of the meditation.

## Step 2: **Relax**

Close your eyes and take several deep, slow breaths. Inhale through your nose and exhale through your mouth to relax your body and mind.

## Step 3: **Set Intention**

Silently set an intention for your practice. It could be to release all tension in your body or to become more aware of bodily sensations.

## Step 4: **Head to Toes**

Bring your awareness to the top of your head. Slowly move your focus downward, noting any sensations, tension, or discomfort in each body part: head, neck, shoulders, arms, chest, abdomen, hips, legs, and feet.

## Step 5: **Notice Sensations**

As you 'scan' your body, pay attention to different sensations without judgment. Simply observe warmth, coolness, tingling, tightness, or relaxation.

## Step 6: **Release Tension**

When you encounter tension, imagine each exhale helping to release it. Envisage the tension leaving your body with each breath.

## Step 7: **Progress Slowly**

Move through each body part slowly, without rushing. Give each area ample time to relax as you shift your awareness through your body.

## Step 8: **Complete Scan**

Once you reach your toes, take a moment to feel the entirety of your body in a relaxed state and breathe naturally.

## Step 9: **Gently Awaken**

Begin to wiggle your fingers and toes gently. Slowly open your eyes when ready. Allow yourself to come back to your surroundings gradually.

# **General Notes**

## **Duration**

A full body scan can take anywhere from 5 minutes to 20 minutes. As a beginner, start with shorter sessions and gradually increase the time as you get more comfortable with the practice.

## Frequency

For maximum benefit, aim to practice body scan meditation daily. Consistency is key to developing a mindful awareness of bodily sensations and reducing stress.

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