

ANUx - SP | 20180606_Moira_Turnbull

Hi, I'm Moira, one of the counselors at the ANU Counseling Centre. This is another module in our mindfulness court, body scan.

Settle into a position that's comfortable for you, either sitting, lying on the floor, or standing if you prefer. You may prefer to close your eyes or, alternatively, gently focus on a spot in front of you on the floor. Adopt a relaxed posture. And you may like to remind yourself, you are going to dedicate this time to being present, that all the other things you need to do today or tomorrow can wait. It is helpful also to bring an open, nonjudgmental attitude to your mindfulness practice, to be open and curious about what you experience during this time.

And as you settle in, notice any points of contact between your body and the floor or chair. Notice that you are being supported by the floor or chair.

And now bring your awareness to the sensations of breathing. Notice where you can sense the breath most strongly. This may be in the nostrils, chest, or abdomen. Notice the changing sensations of the breath, and know that you can return to focus on the breath at any point during this meditation if you wish.

And now bring your awareness to the left foot, noticing the toes of the left foot, the sole, arch of the foot, heel, ankle, and upper part of the foot. Let your awareness rest in the left foot. Notice whatever sensations are present or not. You may not be able to feel any sensations, and that's OK. Simply notice whatever is present.

And now bring your awareness to the lower leg, calf, sides, and front of the left leg-- the knee, the thigh, and the whole left leg. Notice any sensations that are present.

And when you're ready, bring your awareness to the right foot, noticing the toes of the right foot, the sole, arch of the foot, heel, ankle, and upper part of the foot. Let your awareness rest in the right foot. Notice whatever sensations are present or not. You may not be able to feel any sensations, and that's OK. Simply notice whatever is present.

Now bring your awareness to the lower leg, calf, sides, and front of the lower leg-- the knee, the thigh, and the whole right leg. Notice any sensations that are present.

And if your mind wanders, which is what minds do, simply notice this. Let the thoughts go and bring your awareness back to focus on the body or breath. Bring your awareness to the pelvic region and lower part of the abdomen. Resting your awareness in the sensations, notice what it feels like to be scanning your body in this way.

And when you're ready, bring your awareness to the lower torso. Notice the sensations in the lower back and sides of the lower torso. And bring your awareness to the abdomen. Notice the sensations of breathing in this area. If you become drowsy or begin to lose awareness at any point, you can open your eyes or quietly shift your

position before coming back to focus on the sensations of the body or the breath.

Bring your awareness to the upper torso and notice any sensations arising in the chest, the sides of the chest, the movement of the ribs and lungs as the breath moves in and out. Notice any sensations in the upper back.

Bring your awareness to the hands, noticing sensation in the right and left hands, the fingers of both hands, thumbs, the back of the hands, the palms, and the wrists. As much as possible, notice the experience just as it is. You may feel pain, discomfort, tingling, pleasant sensation, or nothing. It's all OK. Just try and be open to your experience as it is. And if your mind wanders, notice this and bring your awareness back to focus on the breath or body.

And now move your awareness to the lower arms, forearms and elbows, upper arms, and both shoulders.

Move your awareness to the neck, the front of the neck, sides and back of the neck, the back of the head. Notice sensations arising in the scalp, sides of the head. And as best you can, allow whatever is present to be as it is.

Bring your awareness to the jaw, upper lip, lower lip, mouth, teeth, tongue, cheeks, nose, and eyes, resting your awareness in the eye sockets. Notice the many small muscles around the eyes, and bring your awareness to the forehead and top of the head. Let go of thoughts and bring your mind back to focus on the breath or body.

And now expand your awareness to include the whole body, the whole body lying on the floor, the whole body sitting or whole body standing. Notice sensations arising anywhere in the body. Notice the sensations of breathing. Notice the sensations of stillness.

And when you're ready and in your own time, come to the end of the practice. Slowly start to move your fingers and toes and open your eyes.