[Body Scan Meditation adapted from Mindfulness Based CBT](https://www.dropbox.com/s/9zg56rxfj2ka1ao/3%20Body%20Scan%20Meditation.m4a?dl=0) (~13.5 minutes long, client follows guidance then is to go at own pace, and eventually guide themselves from the beginning without the guided practice once get the hang of it).

Lie down, making yourself comfortable. Lying on your back on the floor, on a mat or a rug or on your bed, in a place where you will be warm, or cool, whatever is comfortable, and undisturbed. Allow your eyes to close gently and take a few moments to get in touch with the movement of your breath and the sensations in your body (brief pause).

When you are ready, bring your awareness to the physical sensations in your body, especially to the sensations of touch or pressure, where your body makes contact with floor or the bed (brief pause).

On each outbreath, allow yourself to let go, sinking a little deeper into the mat or the bed... You might notice sounds, the ticking of a clock, the hum or the air conditioner, your refrigerator, outdoor sounds. You might notice them, but just let them go.

Remind yourself of the intention of this practice. Its aim is not to feel any different, relaxed or calm. Instead, the intention of the practice is, as best you can, to bring awareness to any sensations you detect as you focus your attention on each part of your body in turn.

Now bring your awareness to the physical sensations in your stomach, the lower abdomen. Becoming aware of the changing patterns of sensations in the abdominal wall as you breath in and as you breath out. Take a few moments to feel the sensations as you breath in and as you breath out (long pause).

Having connected with these sensations in your abdomen, bring the focus, or the spotlight of your awareness down your left leg into the left foot and out to the toes of the left foot. Focus on each of the toes of the left foot in turn, bringing a gentle curiosity to investigate the quality of the sensations that you find. Perhaps noting the sense of contact between the toes… a sense of tingling… warmth… or maybe no sensation at all (brief pause).

When you’re ready, on an in breath, feel or imagine the breath entering your lungs, and then passing down into your stomach, into the left leg, the left foot, and out to the toes of the left foot (long pause).

Then on the outbreath, feel or imagine the breath coming all the way back up, out of the foot, into the leg, up into the abdomen, chest, and out through the nose. As best you can, continue this for a few breaths, breathing down into the toes and back out from the toes. It may be difficult to get the hang of this. Just practice this breathing into, as best you can, approaching it playfully (long pause).

Now when you’re ready, on an outbreath, let go of the awareness of the toes and bring your awareness to the sensations on the bottom of your left foot. Bringing a gentle, investigative awareness to the sole of the foot… the instep… the heel, noticing the sensations where the heel makes contact with the mat or the bed… Or if there is no contact at all, noticing… the sensation of nothingness. Experiment with breathing with the sensations. Being aware of the breath in the background, as in the foreground you explore the sensations of the lower foot (long pause).

Now allow the awareness to expand into the rest of the foot, to the ankle, the top of the foot, right into the bones and joints. Then, taking a slightly deeper breath, directing it down into the *whole* of the left foot… And, as the breath lets go of the left foot completely. Allowing the focus of awareness to move into the lower left leg. Your calf… your shin… your knee… the upper left leg...

If you find yourself falling asleep, and don’t desire that, you might find it helpful to prop your head up with a pillow, open your eyes, or do the practice sitting up rather than lying down. If your desire is to ease into sleep, allow yourself to drift away into the dreamy, pre-sleep experience and the rest of the way into sleep at any time during the practice.

Now, just as we did with the left foot and toes, breath the focus, or the spotlight of your awareness down your right leg into the right foot and out to the toes of the right foot. Focus on each of the toes of the right foot in turn bringing a gentle curiosity to investigate the quality of the sensations that you find. Again, perhaps noting the sense of contact between the toes, a sense of tingling, warmth, or maybe no sensation at all. When you’re ready, on an in breath, feel or imagine the breath entering your lungs, and then passing down into your stomach, into the right leg, the right foot, and out to the toes of the right foot (long pause).

Then on the outbreath, feel or imagine the breath coming all the way back up, out of the foot, into the leg, up into the abdomen, chest, and out through the nose. As best you can, continue this for a few breaths, breathing down into the toes and back out from the toes. Once again, it may be difficult to get the hang of this. Just practice this breathing into as best you can, approaching it playfully (long pause).

Now when you’re ready, on an outbreath, let go of the awareness of the toes and bring your awareness to the sensations on the bottom of your right foot. Bringing a gentle, investigative awareness to the sole of the foot… the instep… the heel, noticing the sensations where the heel makes contact with the mat or the bed… Or if there is no contact at all, noticing the sensation of nothingness. Experiment with breathing with the sensations. Being aware of the breath in the background, as in the foreground you explore the sensations of the lower foot (long pause).

Now allow the awareness to expand into the rest of the foot, to the ankle, the top of the foot, right into the bones and joints. Then, taking a slightly deeper breath, directing it down into the *whole* of the right foot… And, as the breath lets go of the right foot completely. Allowing the focus of awareness to move into the lower right leg. Your calf… your shin… your knee… the upper right leg...

Continue to bring awareness and a gentle curiosity to the physical sensations in each part of the body in turn. Continue the practice more on your own, by moving your focus to your pelvic area… your back… your abdomen… your chest… your fingers… hands… arms… shoulders… neck… head… and face…. In each area, as best you can, bring the same detailed level of awareness, and gentle curiosity for all bodily sensations present. As you come to each major area, breath into it…. And, when you leave each major area, let go of that region on the outbreath (long pause).

When you become aware of tension or other intense sensations in a particular part of the body, you can breathe into them, using the in breath gently to bring awareness right into the sensations and as best you can, get a sense of their letting go or releasing on the outbreath (pause).

The mind will inevitably wander away from the breath and the body from time to time. That’s entirely normal. It’s what our minds do. When you notice it, gently acknowledge it. Notice where the mind has gone off to, and then gently return the attention to the part of the body you intended to focus on. After you have scanned the whole body in this way, spend a few minutes being aware of the sense of the body as a whole and of your breath flowing freely in and out of your body (long pause).

Again, if you find yourself falling asleep, if your desire is to ease into sleep, allow yourself to drift away into the dreamy, pre-sleep experience and the rest of the way into sleep at any time during the practice. If you don’t desire that, you might find it helpful to prop your head up with a pillow, open your eyes, or do the practice sitting up rather than lying down (pause).

Remember there is no right way to do this and no wrong way of doing this. It is the doing of this, the focus that matters. It is learning to bring your focus to one place, experiencing in full each sensation. Tuning your attention or the spotlight of awareness, and then moving it or letting it go.