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# Body Scan

Please prepare for the body scan or rotation of consciousness. This relaxation technique can be used when you are feeling restless and need a short relaxation. Lie down comfortably on your bed or on the floor and position the right and left halves of the body symmetrically. As you hear the different parts of your body mentioned, repeat the name of the part silently, move all of your awareness into that part of your body and notice the movement from one part to the next. Keep yourself alert and focused on the sensations coming from the body.

Right hand thumb … 1st finger … 2nd finger … 3rd finger … 4th finger … palm of the hand … back of the hand … wrist … forearm … elbow … upper arm … right shoulder … armpit … chest … waist … hip … groin … buttock … thigh … knee … calf … ankle … heel … sole of the foot … top of the foot … right big toe … 2nd toe … 3rd toe … 4th toe … 5th toe.

Left hand thumb … 1st finger … 2nd finger … 3rd finger … 4th finger … palm of the hand … back of the hand … wrist … forearm … elbow … upper arm … left shoulder … armpit … chest … waist … hip … groin … buttock … thigh … knee … calf … ankle … heel … sole of the foot … top of the foot … left big toe … 2nd toe … 3rd toe … 4th toe … 5th toe.

Move your awareness to the top of the head … forehead … right temple … left temple … right ear … left ear … right cheek … left cheek … right eyebrow … left eyebrow … eyebrow center … right eye … left eye … right nostril … left nostril … whole nose … upper lip … lower lip … chin … jaw … throat … right collarbone …left collarbone … right chest … left chest … heart center … upper abdomen … navel center… lower abdomen … right groin … left groin … the pelvic floor … tailbone … sacrum … right buttock … left buttock … the entire spine … right shoulder blade … left shoulder blade … back of the neck … back of the head … crown of the head.

Now take the body in parts … the whole right arm … the whole left arm … both arms together … the whole right leg … the whole left leg … both legs together … the entire torso … the face … the head … the body … the whole body … your entire body.

Namaste'

नमस्ते



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