

Quick Warming Body Scan

Take some time to get comfortable on the surface you're resting on. Let your senses open to the environment around you. Feel the touch of air on your skin. Bring your attention to your breath. Noting the sensation of your breath...not trying to change it or control it in any way. Allowing your breath to be your anchor...grounding you in the present moment...Feeling your belly gently expand and release with every inhalation and exhalation...

Begin your body scan by bringing your attention to your forehead. Imagine there is a warm light glowing at the center between your eyebrows. Let that warm light dissolve any tension you may be feeling in your forehead.

Now, let that light travel to your jaw. Separate your teeth and release your tongue from the top of your mouth. Move your jaw from side to side, relaxing it.

Move the light down to your neck and tops of your shoulders. Allow your shoulders to release away from your ears, as if they are melting down into the earth.

The light now travels to your abdomen. With your body relaxing, you may notice that your breathing has become smoother and deeper. Feel the cool air coming in and filling your abdomen and leaving your body as warm air. Spend a minute feeling this cool and warm air.

Feel the warm light travel down your legs and to your feet. Let your toes relax. You can wiggle them to make sure. The light now travels to each toe, one at a time, and then rests at the arches of your feet.

Now that this warm light has traveled down your body, let it surround you. This warm light extends around you, radiating around you in every direction. Spend some time here, in this warm, glowing light. You are safe. You are relaxed.