

Record Your Own 7 Minute Body Scan

read this slowly, recording your voice

Bring your attention to your breath.

Let your eyes close, softly.

Notice how your body moves as you breathe.

Become aware of the feeling of air moving in and out of your nose and of your throat.

Allow yourself to be aware of your breath, without trying to change it.

Follow the rhythmic movements of your breath and your belly. If you notice your awareness has shifted away to your thoughts, come back to your body, back to your breath.

Staying focused, shift your awareness from your breath to your feet. Become aware of whatever you feel in your feet. It might be tingling, warmth, cold. What you feel is not important. Be aware of what is there. Continue with calming breath. Experience the tops of your feet, the bottoms, the arches, the heels. Let your feet dominate our awareness.

Move your awareness now to your ankles and your lower legs. Notice physical sensations, thoughts, emotions, images, colours - whatever arises. You might also notice blank areas. If you notice tension, allow that to relax as you breathe out. Let it soften as you let go. Take your time. Explore fronts, sides, backs of your lower legs.

When you are ready, bring your awareness to your knees and your thighs. Just notice. Insides, fronts, outsides, backs. Notice sensations, notice thoughts, whatever is there.

Bring your awareness to your pelvis. Explore the front, explore the sides, the back. Allow yourself to look beyond the surface.

Now shift your attention to your lower back. Notice your spine, notice your muscles. Calm breath; relaxed awareness.

Slowly move your attention up your back to your ribs, to your mid-back, between your shoulder blades, all the way to the base of your neck. Experience without any need to change.

Let your awareness move to the sides of your torso now. Slowly moving around to the front, noticing belly, ribs and chest. Notice whatever is there. Sensations, thoughts, images, emotions.

Move your awareness to your shoulders. Notice the fronts, the tops, the backs of the shoulder region. Let your shoulders dominate your awareness.

Bring your awareness down towards your arms now. Exploring whatever arises. Upper arms, forearms, wrists, hands. Noticing each one of your fingers and thumbs.

Shift your awareness out of your arms up to your neck. No need to change. Sensations, images, emotions, thoughts. Stay relaxed as you watch what arises. Noticing the front, the sides, the back of your neck.

Move your awareness to your head. The base of the skull, the sides of the head, top of the head, forehead. Be Present, non-judgemental.

Allow your awareness to shift to your face. Use all your senses. Eyes, cheeks, jaw, chin, mouth, tip of your nose.

Bring your awareness back to the rhythmic movements of your ribs and of your belly. Feel the rhythmic beating of your heart.

Allow yourself to take a deeper inhale now and let all your breath fall out, making a gentle sound ... Haaaaa...

Open your eyes when you feel ready.

Neil Pearson and Pain Care U