

BODY SCAN PRACTICE  
Essential Tips





# BODY SCAN PRACTICE Essential Tips

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## **Approach with Curiosity:**

Come to the practice as if you're discovering your body for the first time. This sense of investigation is key to experiencing the full benefits.

## **Letting Go Is Key:**

After acknowledging what you find in each area—be it tension, ease, or neutrality—practice releasing your focus from that part. This act of letting go helps to mitigate emotional pain or physical discomfort.

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## **Tune Into Sensations:**

Pay attention to any sensations present in different parts of the body—tingling, tightness, temperature, or even the absence of sensation. Acknowledge what's there without expectation.

## **Receiving, Not Expecting:**

This practice isn't about demanding anything from your body but rather receiving and noting the sensations that arise, which might be a new approach for many.

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## **Expect Nothing, Accept Everything:**

Move your focused awareness through your body without any expectations. Acknowledging whatever you find fosters a practice of acceptance and profound self-compassion.

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**Awareness of Thoughts and Emotions:**

Be mindful of any thoughts or emotions that surface as you move through your body scan. Observe them, then gently return to the physical sensations.

**Embrace Whatever Arises:**

Allow yourself to notice and accept any emotions that arise. Acknowledging your feelings without judgment encourages a more compassionate relationship with yourself.

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**Encountering Pain:**

If you encounter pain or discomfort, see if you can allow and explore these sensations. Approaching discomfort with kindness rather than avoidance can transform your experience.

**If Pain Overwhelms:**

Should pain in any area become too intense, gently shift your focus to a more neutral part of your body or to your breath. This helps retrain the nervous system and alleviate the focus on discomfort.

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**Relaxed Awareness:**

Aim to be relaxed yet fully aware throughout the practice, allowing yourself to experience each moment and sensation deeply.

Any Mindfulness practice is not just an intellectual exercise; it is about deepening the mind-body connection, and the Body Scan meditation is an excellent example of that. The Body Scan meditation is one of those mindfulness practices that has helped many get reacquainted with the body through physical sensations manifested as sensual or emotional responses.