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Beginner lessons for Body Scan

Master Body Scan Meditation for Ultimate Relaxation

DEFINITION

Body Scan is a mindfulness technique that involves focusing on different parts of your body to promote relaxation and awareness. It's ideal for beginners to enhance their meditation practice.

KEY CONCEPTS

Mindfulness

Being present and fully engaged with your current experience without judgment.

Awareness

Noticing sensations, thoughts, and feelings in your body as you practice.

Breath Focus

Using your breath as an anchor to maintain concentration during the scan.

Progressive Relaxation

Systematically relaxing each body part, starting from the toes to the head.

Non-judgmental Observation

Accepting whatever sensations arise without trying to change them.

EXAMPLES

- Lie down comfortably and close your eyes.
- Start by focusing on your toes, noticing any sensations.
- Gradually move your attention up to your head.

MEMORY TIPS

- ★ Use the acronym 'BREATHE' to remember: Body, Relax, Engage, Awareness, Tension, Heal, End.
- ★ Visualize a wave washing over your body, relaxing each part as it passes.
- ★ Associate each body part with a color to enhance focus.

COMMON MISTAKES

- ✗ Rushing through the scan without fully engaging with each body part.
- ✗ Getting distracted by thoughts instead of returning focus to the body.
- ✗ Forgetting to breathe deeply and rhythmically during the practice.

QUICK RECAP

Body Scan meditation helps you connect with your body and promotes relaxation. Focus on each part, breathe deeply, and observe sensations without judgment for an effective practice.