

## **BODY SCAN**

Imagine you are about to conduct a special form of awareness scan through your body.

It will work like a special kind of invisible CT scanner, moving down in layers from your head (nice and slowly) allowing you to notice where you feel either a sense of contraction/tightness or release/ease in your body.

As the scan moves down through your body layer-by-layer or section-by-section you are going to simply notice where you feel what you feel. Notice what is happening in your muscles, your joints, your organs.

Take your time. Slower is better.

You don't try to fix anything or change what you feel just notice it. You are noticing how you are organized at that moment. You are developing awareness.

### **Scan 1 (notice)**

Start the scan from your head and move down to your feet, taking time to notice all the places you feel either contraction or release. When you reach the feet, take a few moments to remember what you felt, and where you felt it, and when you are ready run a reverse scan, so you are scanning again starting from the feet moving up to your head. Pay attention as it goes upward and notice if the sensations are in the same place. If they feel the same or different to when you were scanning downward.

### **Scan 2 (compare)**

Now this is slightly different, and you will go a little faster. This time scan only on your right side, as you go down your body, notice where the contractions and relaxations are just on the right side. When you locate them check to see if they are present on the other side. You are checking if the feeling is equal on both sides or different. When you reach the bottom come back up on the left side and do the same, when you notice a contraction or a relaxation on the left check and see if it is equal on the right.

### **Scan 3 (equalize)**

Go down again on the right side and where you notice any kind of relaxation on that side, check the other side and equalize it so both sides are equally relaxed. Go all the way down doing this. When you get to the bottom come up on the left side and where you notice relaxation equalize it on both sides.

You have just experienced a first step in equalizing and normalizing your system.