**Thoughts Change** Meditation

**Body Scan**

Start by finding a comfortable seating position (at home you may wish to do this lying down).

**At any point where you feel tension or pain breathe into the area and release the feeling. If you feel an itch accept it and if you are uncomfortable move position but do so mindfully being aware of the movement of muscles as you do so.**

Take three deep breaths and then return to normal breathing.

Start with your attention on the toes of the left foot and then on to the foot itself. Notice what it feels like, be aware of any sensations; the contact of your foot with the floor the sensations of your clothing on your foot it doesn’t matter if there are no feelings.

Pay attention now to your left leg being aware of any sensations there all the way up to your knee and your thighs then up to your hips at the top of your left leg.

Follow this same process starting with the toes of your right foot right on up to your hips at the top of your right leg.

Now pay attention to both of your legs from your toes up to your hips. Be still and breathe gently into your legs.

Now move your attention to your belly. Just observe what’s there, notice how it feels as you breath and just let it be the way it is.

Now pay attention to your back starting with your lower back and moving slowly all the way up to your shoulders. Notice any sensations present in your back. Send warm feelings of relaxation into your back and just sit for a moment noticing everything about your back.

Now give attention to your hands starting with the fingers and thumbs then moving on to the palms and up to the wrists. Think of all the work your hands have to do and consider any feelings you have in them. Move up from the wrists through the arms to the shoulders and raise awareness of anything that is there.

Raise awareness to your neck and throat and how they feel. What do you feel when you swallow?

Move on up to your face, your chin, mouth, eyes, eyebrows and forehead. Be aware of any feelings of tension, take a deep breath and release any tension.

Move on to your scalp and finally to your thoughts inside your head treat them with kindness and allow them to float away.

Take a deep breath and fill your whole body with feelings of kindness towards yourself. Blow your breath out gently and as you do, let go of anything that needs to go.

Slowly bring your awareness back in to the room as you gently open your eyes.