

# Pain - Body Scan

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Body Scan Meditation for Chronic Pain

I am delighted to guide you into a very deep state of physical and mental relaxation.

Please be sure you will not be distracted by anyone or any nearby device.

Turn them to the off position or place them in another room on silent.

This time is very important for you, so there is no need for any interaction with the outside world.

Get into in a very comfortable position now, with your favorite pillow or under a blanket if you wish.

You can be sitting or laying down, however is best for you.

Your clothing should be loose and comfortable and not restrictive around your waist as to allow for full and easy breathing.

You are in a very safe and secure place, and absolutely nothing will distract you for the duration of this session.

This time right now is entirely yours.

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Nobody needs you.....you have nowhere to be and nowhere to go, so just be grateful for this moment exclusively for you.

This occasion of rest and relaxation is to nourish you, from the inside out.

You deserve this break from the busy world around you.

You know how you make the time to hang out with family or friends?

Or how about when you take the time to help someone, or to get a job done?

Well, this an occasion you have made to be with only you.

Allowing for this date with yourself is allowing the natural sources of healing and strength that are within you to become fully present.

Bring awareness to the fact that each moment that passes by is part of your life experience.

It is here and it is now, and then it goes.

It becomes only a memory.

As humans, we have a tendency to want things to be different from how we are experiencing them right now.

But we are going to let this desire vanish, and allow things to be exactly how they are.

Do not try to change anything, or even wish that it will change during this session.

Experience letting yourself be exactly how you are in this very moment.

Any judgments you have about yourself, or critical things you usually think about your body or mind can just fade away.

Those things don't matter at all during this date with yourself.

There is no right way to feel, just as there is no wrong way to feel.

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Feelings are simply just feelings.

Acknowledge how you are able to sense any sensations in your body in the moment and accept it.

It's completely okay to feel whatever you are feeling.

Good.

Letting your arms feel heavy by your sides, notice what your fingertips are touching right now.

Can you feel your thumbs in particular?

How about your pointer fingers...sense what they are touching....

And your middle fingers..... now feel what your ring fingers are touching..... and the pinkies.

Become aware of your breathing now, follow it and don't change anything about it.

Bring awareness to your belly and just observe your belly rising and falling with your breath.

Your belly expands and contracts when you breathe just like a tiny baby when they breathe.

This is the most natural way to breathe.

Now become aware of your toes, notice each one of your toes, what do they feel like and what are they touching?

I wonder if you can imagine that when you breathe in, your breath can travel all the way down to your toes....

Breathing in, and down to your toes now.

And on the out breath, allow your entire legs to become very deeply relaxed.

Good.

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Now imagine this same thing for your fingertips.

As you breathe in, feel your breath traveling all the way to each fingertip, and on the out breath your entire arms become so very relaxed.

Nice.

And noticing again the gentle rise and fall of your belly.

Up and down....

Expanding and contracting....

Now use your beautiful imagination to witness your in breath is going all the way up to your head, filling your mouth, nose, eyes, and ears.

And on the out breath, your head becomes more relaxed than it has ever been.

Inhale all the way into the tiny areas of your brain, which restores your mind.

And on the exhale, your mind becomes more open and relaxed than it has ever been before.

Very good

Whatever feelings you are having right now, just notice them, as if you are an observer sitting and relaxing on the beach, watching the great and powerful ocean that represents you.

You can only see the surface of this ocean, but below, there is much happening, and great change taking place.

Right now, your body is accessing its natural healing capabilities, and you don't have to do a thing. All you need to do is relax, and observe....

Just look out upon your ocean, and know that all is well, and all is being taken care of.

All the ocean needs from you is your kindness and trust.

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Very good.

Allow yourself to relax even more now, by feeling the warm gentle sun caressing your skin as you rest on this magnificent beach.

The sun is healing and allows for growth of all life on Earth.

Feel your feet in the sand and notice how soft and soothing it is.

Perhaps you can even hear the waves crashing on the sand.

You are fully able to let go here, there are no desires, no feelings, no thoughts, you are just completely present in this moment, enjoying watching your ocean and knowing that you don't even need to see what's going on below the surface.

All is well in the great waters that represent you.

Wonderful.

Gently allow yourself to become aware of your surroundings and the present moment.

In your own time, open your eyes and feel gratitude for yourself and this wonderful experience that you gave yourself.

