

~20 minutes

And then this gentle body awareness meditation will first begin by coming into a comfortable seated position or lying comfortably in savasana.

(pause)

If seated ensuring that your feet are firmly on the ground and your back is nice and straight and your palms may rest in your lap or on your legs

(pause)

if laying in savasana just getting nice and comfortable on the ground and letting all the points of contact of the body rest and just let the weight of the body fall down into the ground.

(pause)

So the heels the backs of the legs, the sit bones, spine, the back of the head perhaps or the shoulder blades, any points of contact of the body to the ground. Just let go. T

Throughout this meditation, paying no attention to the mind, or the thoughts, just allowing everything to rest

(pause)

as a passive observer to the mind and the body.

We will take a moment here to just begin to unwind and let go

(pause 2 minutes)

And let us begin now by turning inward into the breath. Inhaling through the nose and exhaling through the mouth at your own pace and letting everything else just relax.

(pause)

Noticing that as we still and calm the breathing. We reflexively still and calm the mind. And thus we reflexively still and calm the body.

(pause)

And let us now dive deeper into that space of full and total body and mind relaxation.

(pause)

Beginning with an awareness now of the inhalation. Inhaling as if you are pulling the breath, the very base of the feet. And as you inhale, bringing the breath up through the legs, the hips, the torso, the shoulders and out through the top of the head.

(pause)

Full inhale here, all the way up

(pause)

And as you exhale, exhaling from the head, neck, the shoulders, the torso, the legs, and out through the feet.

(pause)

Full exhale here, all the way down

(pause)

It's as if on every inhalation you're scanning up slowly through the body. And on every exhalation, scanning down through the totality of the body.

(pause)

Inhaling from the feet, through the legs into the hips, the torso, all the vital organs, the shoulders down the arms, the neck to the top of the head

(pause)

and then exhaling from the top of the head, down through the neck through the vital organs, the shoulders, the arms, lower torso, the hips, legs, and finally out through the feet. allowing the breath to become rhythmic and calm.

(pause)

And knowing that as we scan the body up on every inhalation and scanning down on every exhalation we're finally giving ourselves a moment for the mind and the body to fully sink into a deeper space of relaxation.

Take a few moments here to cycle through complete turns of your breath and feel it flowing up and down the full length of the body

(pause)

And with every scan of the body, another opportunity for the mind to finally check in to the true state and nature of our physical body.

(pause)

And in the state we can finally have a rest. And finally let the body heal. In a way inhaling from the feet, the legs, the knees, the hips, the torso, shoulders neck, out to the top of the head and exhaling from the crown of the head down through the neck, the torso, hips, legs, and out through the feet making these rhythmic oscillations of breath as slow as you're comfortable with.

(pause)

Knowing there is no rush.

(pause)

There is no need to push.

(pause)

There is no finish line.

Just be here.

Be present and observe flow of the breath and the scanning of the physical body.

Inhaling and exhaling with these scans now at your own pace and knowing that you can continue this meditation for as long as you wish, diving that much deeper into a state of tranquil, restorative, deeply peaceful meditation with each oscillation of the breath

(pause for as long as needed here...if doing this live, then continue to remind the participants to return to the breathing by saying:

Feeling the breath move through the body...up and out...down and under.
--saying this every minute or two to just continue holding space for everyone

And now slowly returning to the body and mind by wiggling the fingers and toes and bringing awareness back into all aspects of your being.

Whenever you are ready, there is no rush, but whenever you are ready you can come to lie on your right side of the body and bring your knees up to the chest and just rest here for a moment before opening the eyes and coming fully back