

Feeling Exercise 1 - Body Scanning from Body Stories

Lie down on your back on the floor in a warm, private place. Close your eyes. Bend your knees and let them drop together to release your thigh muscles. Rest your arms comfortably on the floor or across your chest. Relax into gravity. Allow yourself to be supported by the floor.

Now, bring your awareness to the top of your head.

Observe, with your eyes closed, any sensation you feel on the top of your head. It might be a tingling, a vibration, an itch, a pain. It might be a feeling of pressure, heat or cold, the touch of air on your skin.

Continue to observe any sensation you feel on the top of your head. If you feel nothing just wait, while the perception of your nerve endings gets more sensitive.

Bring your awareness to your face and scalp. Observe any sensation without judgement; the task is to feel what is really happening in your body, without evaluating whether it is good or bad, pleasant or unpleasant. Experience your body just as it is at this moment in time.

Move your mind's eye to your neck. Remember to give equal attention to any sensation which you feel on your neck – tingling, the touch of cloth on the skin, your hair as it brushes the surface.

Continue to the right arm, the left arm, the back surface of the body, the front surface of the body, the pelvis, the right hip and thigh, the right lower leg and foot, the left hip and thigh, the left lower leg and foot. Bring your awareness to the soles of the feet.

Finish by observing your breath as it falls in and out of the nose and the mouth, moves the ribs, and stimulates the skin of the lower back and belly.

Slowly open your eyes; allow yourself to remain aware of sensation as you include vision. (Olsen & McHose, 1998, pp. 13, 17)