

## BODY AWARENESS PART IV

### **Warm-up: Simply Being, Mary Maddux (5:00 Insight Timer)**

Although our basic meditation focus is upon the breath, you can also use various “body awareness” techniques to bring your focus to the entire body—your body as a whole. You can move progressively through the techniques or if there is one you feel particularly drawn to, you can simply use that for an entire meditative session. Tonight we’ll try a few of these and you can note how you respond.

### **The “Let Go” Mantra**

In this meditation, you will repeat the words “Let Go” silently to yourself. “Let” on the in-breath and “Go” on the out breath. As you breathe out and repeat the word “Go,” feel your body letting go and relaxing. Remember that throughout the day, your body is in a constant state of resistance—a resistance against gravity. In these meditations, you will actually give in to gravity, allowing your body to “sink” slightly into relaxation. You can do this sitting or lying down.

### **Silent Meditation with the “Let Go” Mantra. (10:00)**

### **Body Awareness with Unusual Body Scan**

This is a way to quickly scan the body to “Let Go” even further. It focuses on the usual body scan areas, along with some that are unusual (like the ears). Again, let go of the resistance to gravity as you follow her voice.

### **6 Minute Body Awareness, Paige Davis (6:01 Insight Timer)**

### **Body as a Whole**

Although it’s fairly simple to focus on a particular area of the body, it’s often more difficult to focus and feel the body as a whole. This meditation focuses on some individual areas, but the main scan (from head to toe) focuses on the full body and feeling that, rather than the individual body parts. Feeling the entire body is a great way to “let go” and sink into relaxation, but it takes practice. As much as possible, allow your body to relax as a whole.

### **Body Awareness and Breathing Meditation, Scott Langston (11:46 Insight Timer)**

### **Absorbing Sound**

If you find sounds that are pleasant or appealing to you, you can invite them into your body and “absorb” those vibrations, allowing them to stimulate the relaxation response. As you listen to the singing bowls here, focus on the high and low vibrations, noting which ones are more easily absorbed for you (this will be different for each person). Take the sounds into your body and “sink” into relaxation.

### **Progressive Crystal Bowl Meditation, Dennis and Kathy Lang (10:54 Insight Timer)**