

GRATITUDE BODY SCAN

Begin by finding a comfortable and quiet place to sit or lie down. Close your eyes if that feels comfortable for you, and begin to bring your focus to your breath. Place your hands over your heart or belly and feel the rise and fall with each inhale and exhale.

As you begin this meditation, your only task is to be present and attentive to your body. Let go of any distractions or thoughts from the outside world. Allow yourself this time for self-care, relaxation, and gratitude.

1. Bring your awareness to your feet

Flush your body of any excessive energy by stomping your feet or wiggling your toes for a few seconds. Settle into your seat again and regain your focus by noticing the rush of energy to your feet.

Picture a ball of radiant light surrounding your toes, arches, and heels. This light is glowing with a soft and calming energy. As you breathe in, imagine this light absorbing any stress or tension from this area, and as you exhale, see it grow brighter. Feel your toes relax and express gratitude for the foundation they provide for your body.

Move your attention up to your ankles. Envision the radiant ball of light now encompassing them. Breathe in deeply, allowing this light to absorb any tension or discomfort here. As you exhale, watch the light become even brighter. Feel your ankles relax and express gratitude for their support.

Start working your way up the legs

Bring your awareness to your knees. Imagine that big ball of light embracing them. Inhale, feeling that sense of peace, and as you exhale, let the light melt away any tension in your knees. That light intensifies, bringing deep relaxation to your knees. Express gratitude for the flexibility they allow.

Now, direct your attention to your thighs and hips. Envision the glowing light spreading over your thighs and hips, like a warm embrace. Breathe in serenity and exhale, releasing any stress and discomfort. Notice how the light's brilliance increases as your thighs and hips relax. Express gratitude for their stability and strength.

2. Slowly work your way towards your core.

Guide your focus to your low belly and lower back. Picture the radiant ball of light soothing these areas. Inhale calmness and exhale, releasing any tightness. Watch as the light grows even more vibrant, bringing peace to your core and lower back. Express gratitude for the moments you feel centered in your body.

Continue moving your attention up to your core and ribs. Visualize the healing light enveloping these areas. As you breathe deeply, let go of any worries or discomfort, allowing the light to absorb them. Feel your core and ribs expanding with each breath, the light intensifying as you relax. Express gratitude for your body's core strength.

Continue moving upwards

See that light moving its way up your chest and across your shoulders. Inhale allowing the light to expand within your chest and shoulders, dissolving any tension. As you exhale, the light shines brighter, bringing profound relaxation to your chest and shoulders. Express gratitude for the heart that beats within your chest and your shoulders that carry life's burdens.

The light now follows your awareness to your arms. Imagine the glow creeping its way down your biceps, through your elbows, down your arms to your wrists, palms, and fingers. Envision the radiant light soothing these areas, like a warm and gentle embrace. Breathe deeply, allowing the light to absorb any tension. Feel the warmth of the light intensify in your wrists, palms, and fingers. Express gratitude for your hands and fingers that allow you to touch and create.

3. Allow your focus to continue rising.

Picture the ball of radiant light moving back up your arms, across your shoulders, making its way to your face.

Feel the warmth enveloping your neck and throat, gently releasing any tightness. As you breathe in and out, see the light growing brighter, bringing relaxation to your neck. Express gratitude for the ability to speak your truth.

Feel the soothing heat move up through your jaw and chin. Imagine the soothing light spreading over your face, allowing your jaw to unclench and your facial muscles to soften. Feel the glow on your cheeks, across your upper lip, and your sinuses. Notice it melting away any stress you may be holding in your forehead, or the space between your brows. Breathe in serenity and exhale, watching the light intensify in your face. Express gratitude for the expressions and smiles you share with the world.

Finally, see the radiant ball of light glowing directly over your head. Imagine its rays reaching out like a warm, gentle massage, soothing your scalp. As you breathe, feel the light's calming touch, like a beam soaking up any tension or stress left in your body through the top of your head. See the light growing brighter. Thank your mind for creating light and peace, even in times of pain or strife.

4. Take a moment to sit with this sensation.

Take a few moments to experience the profound relaxation and mindfulness you've cultivated throughout your body. As you breathe deeply and appreciate this peaceful state of being, thank yourself for taking this moment to feel gratitude for every part of your body that serves you tirelessly every single day.

When you are ready, slowly open your eyes and bring your awareness back into the room, feeling refreshed and rejuvenated.

Remember that you can return to this practice whenever you need to release tension, find inner peace, and express gratitude for your body.

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