

MEDITATION

Short Body Scan Meditation Script

A five-minute body scan that works sitting up. Feet to crown in four movements, for a classroom, a team meeting, or a break between tasks.

5 min · 4 segments

Five minutes, four segments. Regions are grouped rather than rushed: fewer stops, same slow pace at each one.

BEFORE YOU RECORD

- Shorten by grouping regions, never by shortening the pauses. A body scan read quickly stops being a body scan.
- This version is written for sitting, so it works in a classroom or at a desk. Don't tell the listener to lie down.
- About half of this recording is silence. Budget five minutes of tape for under three minutes of speech.

01. Settling

45 sec

[say up front that this one can be done sitting]

This is a five-minute body scan. You can do it sitting, just as you are. Let your feet rest flat on the floor and your hands rest in your lap. *[pause for 10 seconds]*

Take one slower breath in through the nose, and out through the mouth. We're not trying to relax. Just to feel. *[pause for 10 seconds]*

02. Feet, legs and hips

1 min 30

[name the region, ask one question, leave silence]

Bring your attention to both feet. Where they touch the floor. Notice pressure, temperature, or nothing much at all. *[pause for 20 seconds]*

Let the attention move up through both legs. Ankles, calves, knees, thighs. Up into the hips, and the weight of you on the chair. *[pause for 25 seconds]*

03. Belly, back, arms and face

1 min 45

[tension often shows up here; allow it rather than fixing it]

Now the belly. Let it be soft. Feel it rise and fall with the breath. Then the back, and the chest. If there's tightness anywhere, just let it be noticed. *[pause for 25 seconds]*

Both shoulders. Both arms, all the way down to the hands. Then the neck, the jaw, the eyes, and the forehead. Let the jaw unclench. *[pause for 25 seconds]*

04. Whole body, and closing

1 min

[lift the voice gently for the last two lines]

Now feel the whole body at once. Sitting here, breathing, head to feet. *[pause for 25 seconds, then lift the voice]*

Take one more full breath. Wiggle your fingers and toes. And when you're ready, open your eyes.

USAGE

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