

Body Scan Meditation for Beginners

What you need:

- A quiet place
- A timer

It's important to remember that the aim of mindfulness meditation is not to switch off the mind but to simply acknowledge the thoughts, observe them and move on.

- Start by finding a comfortable position for you – either sitting, standing or lying down. You may choose to close your eyes or focus on something in the distance (like the horizon or the clouds in the sky).
- Take a deep breath in, feeling your lungs fill with air and your abdomen expand.
- Breathe out slowly feeling your lungs empty.
- Breathe in – lungs filling
- Breathe out – lungs emptying
- Now imagine calm as a colour. What colour is it for you?
- Imagine your stress as a colour. What colour is it for you?
- As you breathe in, image the colour of the air you breathe is your calm colour.
- As you breathe out, exhale a stream of air that is the colour of your stress.
- For one minute simply focus on breathing in calm and breathing out stress. You may like to say “calm” and “stress” in your head as you breathe in and out. If your mind starts to think or wander, simply acknowledge that it has wandered and focus in again on your breathing.
- Breathe in calm
- Breathe out stress
- At the end of the minute, bring your awareness back to your surroundings by opening your eyes (if they are closed) or focusing on something close to you.