**Compassionate Body scan:**

I invite you to participate in this practise, first make your way into a comfortable position whether that is seated or lying. Take up space, allow your whole body start to soften and relax and be right where you are.

Unknowingly we hold an incredible amount of tension in our bodies. Our bodies are working so hard for us all day long. Always ready and preparing for what is around the corner.

So for today’s practise we will start by softening and inclining our mind and nervous system towards relaxation. It is alright if you don’t actually feel relaxed we are just practising.

What will happen over this practise is your mind will wonder away, it will start to make plans, wonder into worries, fears or about what should happen next. This is very natural, this is the nature of our mind. During our time together when our mind wanders away which it will give the thoughts a gentle acknowledgement or if it is an emotion gently acknowledge it for what it is without trying to change it or judging as good or bad. Oh here comes anxiety oh here comes sorrow…….. Then invite yourself back to my words, your body or your breath.

Let’s first start to imagine the outline of our entire body as if we were laying on a beach… spreading wide along the sand giving in to the outline of our entire body. As we ground ourselves on this beach I invite you to move your attention through your body as if were the shinning warm rays of the sun. These sunrays becoming a spotlight for you to focus your attention.

We will first begin by bringing our attention to the muscles around your eye and jaw. And as we breathe feel your breath in your body your inhalation and your exhalation. Bring a quality of compassion, warmth and tenderness to your breath and it is alright if you don’t feel it we are simply inclining the mind towards kindness and compassion.

As you breathe this way noticing sensations around your eyes and jaw invite this kindness, this tenderness carry it in the breath soothe any gripping or holding in the facial muscles. Like the image of warm sunlight rays bathing down on us.

And now traveling from your facial muscles to the muscles behind your head and neck. These muscles work very hard to keep our heavy head up all day long. And as you breathe and feel your breath in your body offering kindness and soothing to these muscles.

And now travelling deep between your shoulder blades an area that often grips in self-protection, protecting ourselves from physical discomfort or emotional pain. As you breathe and feel your breath in your body offering soothing and kindness to these muscles.

And now bringing our attention to the muscles across your chest in front of your heart muscle noticing the sensations, whatever is here, is allowed to be here. It is welcome. As you breathe offering soothing and kindness to the muscles across your chest.

Moving your attention to your left arm, left should and left shoulder blade, breathing kindness and warmth to your left shoulder and travelling down your left upper arm, shining the warm rays of the sun down towards your left elbow, all the way down your forearm into you wrist, left hand and into your left fingers. Feeling your breath in your body and offering soothing and tenderness throughout your whole left arm.

Now moving your attention to your right shoulder area, muscles on the top of your shoulder and your shoulder blade, gentle awareness fused with kindness and compassion. Traveling down your upper right arm, your biceps and triceps into your elbow, lower arm, into your wrists, right hand your right fingers. Softening and breathing into your whole right arm. Allowing the warm rays of the sun to direct your attention back up to your heart area and allowing whatever sensation are arising to arise and offering whatever is here the intention of kindness and compassion,

So now traveling down your spine, see if you can see each notch in your spine the muscles along the left and right side with the intention to soften traveling all the way down to the bottom of your spine. Your tailbone. Bringing your attention to your whole pelvic structure. Noticing your belly as it fills with your breath. Offering all your organs that are working so hard for you, offering them soothing and kindness.

It’s only natural that strong emotions may arise, allow them to be present with compassion, It’s only natural. Then come back to your intention….. inclining the mind towards compassion and kindness. Breathing into your belly and breathing into your body.

Now continuing our scan to our left leg, left hip and thigh bone and traveling down the upper left leg noticing any sensation with offers of kindness. Into your left knee and down your lower left leg, your calf your shin, your left ankle to your left foot and toes. Offering your whole left leg soothing and compassion.

And now moving to your right leg, your hip and thigh, noticing any sensation, inclining your mind with kindness and compassion. Breathing down the upper right leg into the right knee and down the lower right leg, shine and calf to your right ankle and foot and into your toes.

And now expanding your awareness to have a sense of right here, right now in your physical body. Exploring what you may feel in this present moment. What you may feel may be pleasant or unpleasant, or you may feel neutral. Just notice what is here, this **feeling tone** and allowing it to be whatever it is, just notice with curiosity. Whatever is here in the moment and whatever is unfolding deserves kindness and compassion. As we breathe here for the next few moments infuse your breath, each breath with tenderness and allowing the unfolding of whatever may be present or not present in this moment. Offer care and tenderness allowing your breath to hold whatever is unfolding. Again it is alright if you don’t feel it…. It is simply the intention to offer soothing and care in our lived experience right now.

We will allow for some time to simply breathe and connect to ourselves with kindness and compassion.

Refreshing the intention to offer this kindness and care through our breath.

As we prepare to bring this exercise to a close I invite you to bring your focus to your breath and notice your breath in and out and allowing yourself to relax as you watch your body breathe for you.

After this last breath consciously starting to wiggle your body to bring awareness, body awareness, you may want to offer yourself a stretch or yawn.

As we come to a close may we all congratulation ourselves for taking this time to love ourselves and offer self-compassion. As you go about your day, your week may, you be reminded of this self-compassion.

<https://www.youtube.com/watch?v=OS_iqfGjL78>