

## **AFFECTIONATE BODY SCAN**

Hello, my name is Tracey Meyers, psychologist at Lawyers Concerned for Lawyers.

This is the affectionate body scan.

Now just beginning to take a moment to fully arrive in the body.

Allowing the eyes to softly close if this is comfortable for you.

Perhaps taking a few slow deep breaths when feeling into the entire body.

Now, letting go of their breath as best you can, and just allowing it to be natural and easy.

In this practice, you'll first pay attention to different parts of your body. You might notice distinctive sensations, experiences, tension or relaxation, warm or discomfort. Sometimes even pain. Noticing whatever else might be happening in the area of the body at the moment, just notice it and invite it in.

And then send a friendly wish and intention for that part of the body to be happy and at ease. Feel free to use any words that resonate for you. So if happy and at ease doesn't resonate, you can try something else.

Sometimes in the beginning it can feel awkward or even silly, but just try. See how this feels.

So start now by noticing the feet. Inviting in whatever sensation is present in this moment and allowing it to be. And now sending some affection to the feet for all they do on your behalf. Repeating silently in your mind. May my feet be happy. May my feet be happy and at ease.

Shifting your awareness now to your ankles and calves, noticing whatever sensations are present. May my ankles and calves be happy. May my ankles and calves be happy and at ease.

Bringing your attention to your knees. Just start out by feeling into the knees. If there's tiredness or achiness or any sensation at all, just noticing that inviting them all in. May my knees be happy. May my knees be happy and at ease.

And whenever you're ready, shifting your attention to your thighs, feeling into your thighs, letting go of any judgments you might have about your thighs. Just noticing the sensations that are present. Allowing the body to relax and just feel the breath. Allowing their breath to fill the thighs. May my thighs be happy. May my thighs be happy and at ease.

Shifting to the buttocks, pelvis, pelvic organs. Just feeling into this area of the body now. Taking a moment here to send friendly wishes to the different areas of your body right here.

Whenever you're ready, moving your attention to your lower back, allowing yourself to be with whatever sensations are present. If there's discomfort or tension or numbness. Or nothing at all. May my back be happy. May my back be happy and at ease.

Notice if you can feel the breath in the belly. Identifying any sensations that are present in this moment. Sensations on the surface of the lower torso, where perhaps you can feel your shirt moving against your body. Sensations deeper in the body in the digestive system. Just allowing these sensations to be just as they are. Again, taking a moment here to send kindness to your belly and all the internal organs. May my belly and internal organs be happy. May my belly be happy and at ease.

Shifting your awareness now into your chest, just noticing how the chest rises and falls with each breath. Getting as close as possible to whatever chest sensations are available to you in this moment. Any tension or tightness? Any pressure or lightness or sense of ease? And letting it all be just as it is. May my chest be happy. May my chest and heart and lungs be happy and at ease.

When you feel ready, take your attention to your hands, sensing the fingers, the palms, and the back of the hands. May my hands be happy. May my hands be happy and at ease.

Feeling into the wrists and the forearms now. May my wrists and forearms be happy and at ease.

Moving up to the elbows and the upper arms. Sensing whatever is present in the body here in this moment. May my elbows and upper arms be happy. Made my elbows and upper arms be happy and at ease.

As best you can, gently taking your awareness now to your shoulders and upper back. Noticing any sensations. Maybe there's tension. Maybe there's ease? May my shoulders be happy. May my shoulders and back be happy and at ease.

And now noticing the sensations of the neck. May my neck be happy. May my neck be happy and at ease.

And now moving on to your head. Feeling into your head. Checking in with your sense organs, the eyes, the ears, the tongue and lips. The skin on your face just noticing the sensations of this moment. Then sending friendly wishes to the different areas of the head, including the sense organs. May my head be happy. May my head be happy and at ease.

Now when you feel ready opening your awareness to include the entire body. Notice how the entire body is alive and breathing filled with sensation. May my entire body be happy. May my entire body be happy and at ease. May I be happy. May I be happy. And at ease.

Now feeling the whole body relaxed and at ease. Returning once more to the simple in breath and out breath. May I be happy. May I be happy and at ease.

Allow yourself to gently open and close the eyes a few times and slowly come back.

Thank you so much for practicing with me today. This is the affectionate body scan.  
I'm Tracey Meyers.