

Making Friends with the Body

In this practice we are going to mindfully explore and make friends with our body.

Lie down on your back with your legs straight and your arms by your sides.

Imagine that you're inside your own space bubble, and remember not to bump into your neighbor's space bubble.

Let's begin by being mindful of our breathing.

Just noticing your belly rising when you breathe in, and falling when you breathe out.

Remember that whenever your mind wanders, and you forget to notice your breathing, to remind yourself to come home.

Back to your breathing and back to your body.

Now, I want you to notice how your feet are feeling.

Just noticing all the sensations in your feet.

Let's make friends with our feet.

We can do this by smiling as we breathe in and out, noticing our feet.

Breathing, smiling and noticing your feet, that is how we make friends with our feet.

Now making friends with your legs.

Noticing your legs from your ankles to your knees.

And from your knees to your hips.

Let's make friends with our legs.

Noticing all the sensations or feelings in your legs.

Smiling, breathing and noticing.

That is how we make friends with our legs, by paying attention to them and smiling while we are noticing.

Well done. Now bring all of your noticing to your belly. Feeling it rising when you breathe in. And feeling it falling when you breathe out. Maybe you'd like to place your hands on your belly. Now your hands are making friends with your belly too.

Try smiling again when you do this. Smiling, breathing and noticing your belly.

This is how we make friends with our belly. Great. Now see if you can feel your belly, legs and feet all at once. Smiling, noticing and breathing.

(longer pause)

Has your mind wandered? Are you thinking about other things? If you are, just bring all of your noticing back to your breathing.

Breathing in and breathing out.

Now noticing your back. Can you feel your back against the floor?

Let's pay attention to our back for a while.

Breathing in and out and feeling your back against the floor.

We can smile to our back, and make friends with our back.

Smiling. Breathing. And noticing.

Now noticing all the sensations in your chest.

Maybe you can feel your rib cage moving a little bit every time you breathe in and breathe out.

If you like, you can try placing your hands on your chest as you smile.

Perhaps you could imagine that your heart is smiling, too.

Smiling, breathing and noticing.

Making friends with all the feelings in our chest.

Now take a moment to rest.

Just breathing and just resting, feeling snugly on the floor.

And then noticing your arms, your hands and your fingers.

Smiling, breathing and noticing.

Making friends with your arms, hands and fingers.

(longer pause)

Now we are going to make friends with our face and our head.

Bring all of your noticing to your eyes.

Can you feel the corners of your eyes moving upwards as you smile?

How does that feel, to have smiling eyes?

Smiling, breathing and noticing.

We make friends with our eyes.

Now noticing your ears. How do your ears feel when you smile?

Smiling, breathing and noticing.

Making friends with your ears.

And then noticing your mouth, feeling the sensations of your smiling mouth.

And then bringing all of your noticing to your nose.

Can you feel the breath moving in and out of your nose?

Smiling, breathing and noticing. Making friends with your nose.

Very good. Now see if you can notice your whole body all at once.

Smiling, breathing and noticing. Making friends with your body.

Good work. Now we sound the bell.

Smiling, breathing and listening to the bell.