

Today we are going to focus on muscle relaxation... something perfect if you feel any tension in your body, if you feel tired and you need to release that uncomfortable sensation.. this body scan will help you to listen to your body in a brand new way learning how to release any tension and any stress all over it...

Lie down on your bed, on your couch... wherever you feel calm and able to let your defenses down finally...

Find a comfortable, relaxing position where you can feel grounded, at ease, finally ready to chill and to focus on how you feel.

Don't force your body to change how it feels but instead try to accept its signals...this is the way your body and mind speaks to you... instead of shutting it all down respect that... listen to it... cherish every single message to learn something more about your body and how it reacts to things, emotions or illness... Did you know that muscular tension is strictly linked to stress, anxiety, and worries? It's time to release all this from your body and your minds as well.

Now we will begin the body scan from the top of the head to observe all the body from head to toes...we will observe how we really feel, to notice how body sensation and release some pain and tension with this meditation.. with the power of our caring mindful and nourishing breath...

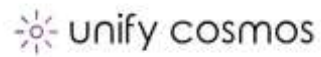
So.. let's begin...

As I say the part of the body just visualize relaxation and if you feel any tension there see if you can send your breath there like a laser releasing any tension, pain or stress you are holding in that specific area of your body....

Bring the attention to the top of your head...the forehead... the cheeks... the mouth... the back of the head... the top of the shoulders... the front of the chest... the upper back... the middle back... the lower back... stomach... and ribs.

Bring your awareness to your shoulders... the biceps... the triceps... the forearms... your hands.

Bring your attention to your hips... feel firmly rooted to the mat...bring your attention to your thighs... the right thigh... the left thigh... right knee... left knee... right shin... right calf muscle... left shin... left calf muscle... right ankle... left ankle...



right foot... bottom of the foot... top of the foot... right toes... left foot.. bottom of the left foot... top of the foot... and finally left toes.

Now scan your body from your head to your toes. As a total body overview.. take your time to notice how you really feel....if you feel any tension, any pain, bring your awareness to that area of your body and breathe in positivity and energy to it and exhale out the discomfort and the pain you feel... feel yourself in total relaxation... feel your body free from all the tension and ready to rock the rest of your day with a relaxed and brand new perspective.

Use this relaxing body scan whenever you need to find your center, whenever you need to feel yourself and to relax.

You have a brand new approach towards your body, and towards your own personal, intimate sensations you can use to manage stress, anxiety, and pain. You can finally be the master artist of your body.

Namaste