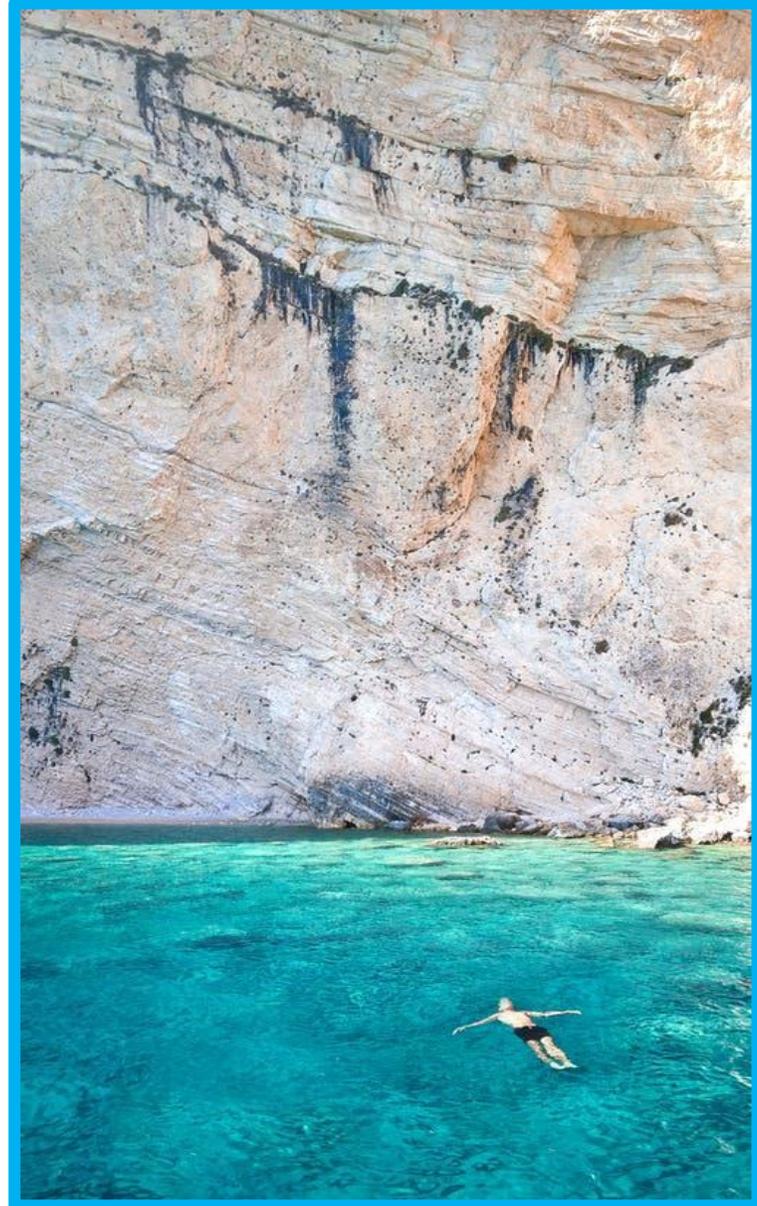


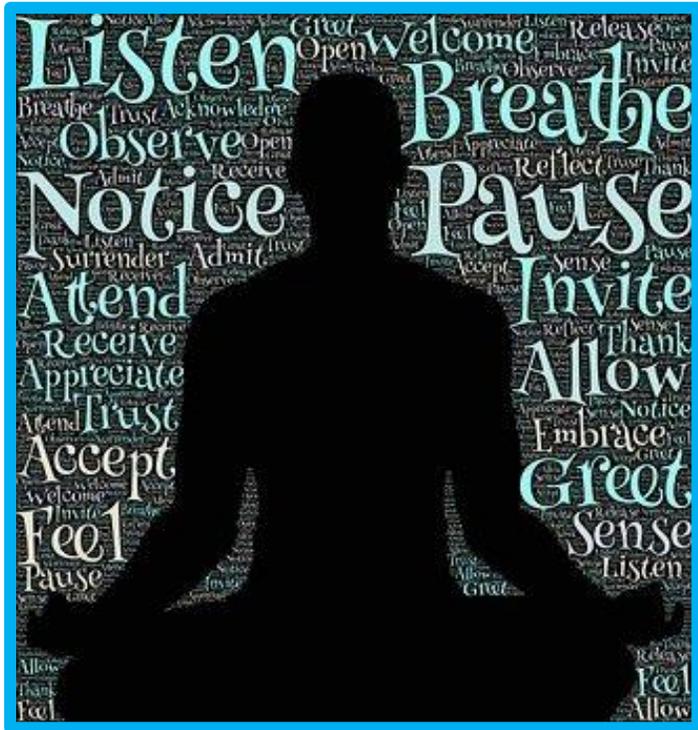
Body Scan

A Mindfulness Practice



Review:

- Mindfulness of body is the first of the Four Foundations of Mindfulness
- Following your breathing is the “anchor” of and to the body
- Mindfulness of body supports mindfulness of emotions and thoughts. . . .



What is a Body Scan?

- One standard type of guided mindfulness practice, as used in the Mindfulness-Based Stress Reduction (MBSR) program.
- Directing attention to each part of the body in sequence, moving from head to toe or the feet upward.
- A form of kindness toward ourselves and, potentially, a means of self-healing, because. . .

. . .We hold suffering in our bodies.

- We all have experienced fear, anger, sorrow, shame, self-blame, loneliness, etc.
- Some of us may have experienced addiction.
- Some of us may have experienced trauma.
- We all share the human conditions of illness, physical pain, aging, and mortality.

One Example of Embodiment of Suffering:

Abigail A. Sewell, Kevin A. Jefferson, and Lee Hedwig, “Living under surveillance: Gender, psychological distress, and stop-question-and-frisk policing in New York City,” *Social Science & Medicine*, June 2016.

- Neighborhood policing patterns are associated with poorer psychological health for underrepresented people.
- Frisking and use of force by police represent a stronger mental health risk for people of color, especially men.
- Social repression “builds illness into society and into the body,” physically as well as mentally – Dr. Abigail Sewell, National Public Radio, Science Friday, 6-12-2020.



Practicing Self-Healing Embodiment

- Rather than turning away from, ignoring, or criticizing our body. . .
- **turning *toward* our body** with friendliness, curiosity, & gratitude,
- focusing on the **actual, tactile sensations** of the body.



“Releasing trauma held in our bodies also releases our innate **resilience**, which gives us a greater capacity for handling trauma. . . .We hold fear in our bodies, we hold anger in our bodies. . . .This practice is in part about **making friends with our own body**, granting awareness to our own body, accepting our own body, loving our own body, just as it is.”

– Dr. Fleet Maull, Engaged Mindfulness Institute

