

# Body Scanning

By Suze Hargraves

I've recently learned a very interesting technique for "being in my body". It's a technique called "body scanning." Very often, people see the body and mind as somehow separate. Today we're going to learn a simple technique to help us reconnect our inner and outer selves.

If you think that feeling daily aches and pains or sexual pleasure is what it means to "feel" your body, you are only seeing a very tiny portion of the picture. Most people acknowledge pain and the intensity of sexual pleasure fairly readily. Those things are difficult to ignore. Harder to find are the more subtle rhythms and sensations the body offers on a minute by minute basis. Getting in touch with those more subtle aspects allows us to get to know ourselves from the inside out.

Bringing the body and mind together as one can be a spiritual journey if you so chose. For the more pragmatic among us, it can be an exercise in physiological and psychological exploration. Let's start with a simple routine to tip our toes into the waters of body scanning.

1. Find a quiet place where you won't be disturbed. Lie or sit in a comfortable position with your arms and legs uncrossed. You may want a light blanket to throw over yourself. You can do this indoors or outdoors.
2. Take three very deep breaths and close your eyes. Continue a regular pattern of breathing in through the nose and out through the mouth. Count from 10 to 1 slowly allowing your body to relax.
3. Begin your scan at the very top of your head. Feel what is there. Notice the sensations. Notice the feelings that are present from the inside outward. Proceed down to the ears, cheeks, nose, chin etc. Stop at each location to feel what is there. Go slowly and take time to acknowledge what you are experiencing.
4. If you come upon an area that has pain, consciously acknowledge that pain. Allow yourself to explore any emotions or fears you associate with that pain. Don't judge it. Just feel it and let it go. You do not need to hold on to pain to know it is there.
5. Once you have reached the tips of your toes, take three deep breaths once again and count slowly upward 1 to 10.

Your first body scan may be a quick one. Keep at it. Dig deeper each time. What feelings are being brought on by the sensations you are experiencing? Have you subconsciously identified your whole self with a single area of pain in your body? Ask yourself the hard questions. Through body scanning you will become so in touch with your whole self that you will eventually no longer find that your mind and body are living separately.

The technique presented here is very simple and very basic. (For more information on body scanning and a more in-depth look at technique and process go to [www.thinkpeople.com/newsletter/Feb10.html](http://www.thinkpeople.com/newsletter/Feb10.html)).

Scanning the body is something anyone can do regardless of age, health or religious affiliation. You don't need a special room, special clothing or any other accompaniments to use this technique. You can do it quickly or very slowly depending on how much time you have. Should you find, during your scanning, there are areas of the mind or body that need to be addressed, please don't hesitate to seek the help of a medical or psychological professional.

Remember, this is a growing and learning process. Discovery takes time. Be patient and gentle with yourself. The journey to wholeness begins with three deep breaths and ends with the breath of new understanding of who we are as whole humans.

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