



## **BASIC BODY SCAN**

BY TARA BRACH

Estimated, Unofficial Transcript:

“The following meditation is led by Tara Brach. To access more of my meditations or join my email list, please visit [tarabrach.com](http://tarabrach.com).

As part of arriving, you might sense your intention and your aspiration towards presence, towards awake awareness, open-hearted awareness, and as a way of perhaps collecting and gathering the attention, extending the in-breath and the out-breath, just taking a few long, deep breaths, inhaling and filling the lungs.

And then that slow out-breath where you can feel the sensations as they leave the nostrils, relaxing outward, and again inhaling deeply, fully.

And a slow out-breath, letting go, letting go.

Once again, inhaling deeply, exhaling slowly, and then as the breath goes back to its natural rhythm just feeling the possibility of relaxing with the inflow and the outflow of the breath.

Taking some moments to scan through the body and sense what might want to let go a little, soften, be more at ease. ... You might soften the eyes and the areas around the eyes. Let the brow be smooth. ... Unhinging the jaw, just relaxing down to the root of the tongue. ... Feeling the mouth from the inside out, the sensations that are there. ... Letting the shoulders fall away from the neck, relaxing from the inside out, just softening.

See if you can see a flow or feel a kind of movement of sensation inside the shoulders, a dissolving ... Let the hands be soft, and see if you can feel the hands from the inside out, the tingling, the vibrating that's there.

Let there be an openness to the chest, again from the inside out, bringing the awareness inside the chest, inside the heart area, just to feel the life that's there.

Softening the belly, being aware of the sensations and aliveness in the whole abdominal region. ... Bringing the awareness inside the pelvic region, feeling the sensations, the energy that's there.

You might sense the length and the volume of the legs. You can feel the feet from the inside out, tingling, vibrating, widening the lens to include this whole field of bodily sensations.

With the receptive listening kind of attention you might sense this stream of the breath as part of



this living field of sensation.

Sensing the quality of presence that's here, right now, the awareness that's including the sensations, the movement of the breath. ... Relaxed, awake awareness, sensing this moment-to-moment experience right here.

Let your practice be very simple. Naturally the mind will drift off, and whenever you notice that, just relax back, reopen the attention back into this aliveness that's right here, the space of awake awareness, this moment-to-moment changing experience of breath, body.

You might keep in the foreground your home base. For many it's the breath. It might be the whole body sensations. Might be sound. Just keep relaxing back into this living experience moment to moment. Right here."

## ABOUT TARA BRACH

[www.tarabrach.com](http://www.tarabrach.com)

Tara Brach's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world. The result is a distinctive voice in Western Buddhism, one that offers a wise and caring approach to freeing ourselves and society from suffering.

In 1998, Tara founded the Insight Meditation Community of Washington, DC (IMCW), which is now one of the largest and most dynamic non-residential meditation centers in the United States. She gives presentations, teaches classes, offers workshops, and leads silent meditation retreats at IMCW and at conferences and retreat centers in the United States and Europe. Tara's podcast receives over a million downloads each month.



Her themes reveal the possibility of emotional healing and spiritual awakening through mindful, loving awareness as well as the alleviation of suffering in the larger world by practicing compassion in action. She has fostered efforts to bring principles and practices of mindfulness to issues of racial injustice, equity and inclusivity; peace; environmental sustainability, as well as to prisons and schools.

In addition to numerous articles, videos, and hundreds of recorded talks, Tara is the author of the book **Radical Acceptance** and **True Refuge: Finding Peace & Freedom in Your Own Awakened Heart**. She has a son, Narayan, and lives in Great Falls, VA, with her husband, **Jonathan Foust** and their dog, kd.

Visit our website to [listen to and download this exercise.](#)