



## Loving-Kindness Body Scan Meditation

The body scan  
is a powerful technique,  
which helps us  
to reestablish contact  
with the body,  
and it is effective  
for developing both  
concentration  
and flexibility of attention.

The intention  
of the Loving-Kindness Body Scan  
is to help us  
be more loving and kind  
to our bodies.

This includes sickness,  
physical aches and pains,  
cancer,  
arthritis,  
back pain,  
knee pain,  
old age,  
all the physical phenomena  
we experience.

Using the Loving-Kindness Body Scan,  
we meet each part  
of our bodies  
with great respect and gentleness  
as best we can.

Loving-kindness practice  
for your body  
is like taking  
an internal shower;  
it helps to remove



some of the inner blockages  
to the body,  
and helps  
both the mind and body  
feel more at ease.

Meeting each body part  
with loving-kindness  
is a way to reconnect,  
and make friends,  
with your body.

To begin this  
Loving-Kindness Body Scan practice,  
please prepare yourself  
for meditation  
by turning off your cell phone,  
and any other device  
which may disturb  
your meditation.

Find a space  
where you can feel safe,  
and can relax.

A good position to take  
while doing  
the Loving-Kindness Body Scan  
is to lie down.

You might want to roll a towel up,  
and place it under your knees;  
let your head rest  
on a pillow  
for support.



You want to be comfortable,  
but not so comfortable  
that you fall asleep.

If you find you are  
having difficulty  
staying awake,  
it is often helpful  
to keep your eyes open;  
it is also fine  
to do this meditation  
sitting in a chair,  
if you prefer.

It is common to find  
that your mind is wondering  
when you are doing  
the Loving-Kindness Body Scan.

Just notice this:  
when it happens,  
observe where  
your attention has gone,  
and then gently bring it back  
to the region  
you are focusing on.

As you move through your body,  
if you notice pain,  
note precisely what  
the qualities of sensation are;  
then treat the sensation  
with as much kindness  
as you can,  
as you keep going  
with the meditation.



This practice teaches us  
how to respond  
to unpleasant sensations  
by acknowledging them,  
and moving on  
without getting stuck,  
or making up a story about them.

In certain parts of the body,  
it is common not to feel  
any sensation at all;  
simply allow your attention  
to remain in those areas  
for a few moments,  
relax,  
be at ease,  
and then move on.

Let's begin the meditation practice.

If you like,  
let your eyes close;  
begin by settling  
into your body,  
and gently noticing  
the general sense  
of the position of your body,  
and the flowing sensations  
just as they are,  
right now.

You can trust  
that you already have  
all you need  
to be present and mindful  
as you do this  
Loving-Kindness Body Scan.



Now take three deep breaths.

Bring you attention  
to the feeling  
of your body breathing.

As your body  
is breathing in,  
feel the expansion  
of your chest or abdomen;  
you may want to  
put one of your hands  
over your abdomen.

Bring your attention  
to your hand,  
and feel it move,  
as the breath flows in and out.

Then rest in the  
natural flow  
of your breath;  
no need to  
control the breath  
in any way.

Allowing yourself to relax,  
letting your focus  
be on the direct, changing  
sensations;  
experiencing your body,  
not getting lost  
in any judgement  
about your body.

You're not thinking  
about the body,  
but rather connecting



directly  
with sensations,  
by feeling the body  
from within.

Take a moment  
to feel your body,  
as a whole,  
from your head  
to your toes,  
noticing the places  
that are in contact  
with the floor,  
the bed,  
or the chair.

Now transfer your attention  
to the top of your head,  
and let everything else go.

Put your full awareness  
on the top of the head,  
and without looking  
for anything in particular,  
feel any sensation there:  
pressure,  
tingling,  
cold,  
warmth,  
or anything else you're aware of.

Notice any feeling  
associated with your experience;  
is it pleasant,  
unpleasant,  
or neutral?



Once you acknowledge  
the feelings that arise in you,  
turn your mind toward thoughts  
of loving-kindness.

Repeat a phrase,  
such as,  
may the top of my head be at ease.

If you are experiencing  
any pain,  
you could say,  
may my head be free of pain,  
free of any tightness,  
or pressure;  
may my head  
be relaxed,  
and at ease.

Visualize your head  
while you repeat one of the phrases,  
or just rest  
with the feeling of kindness  
toward your head.

Now,  
shifting attention  
from your head,  
slowly move your attention  
to your eyes;  
noticing sensations,  
movement,  
being aware of  
any color,  
or light.



Do your eyes feel  
tired  
or heavy?

If you have eye problems,  
can you,  
in this moment,  
meet that difficulty  
with kindness?

Perhaps feeling a sense  
of gratitude  
for your eyes,  
even for your  
eye glasses,  
for allowing you to  
see the world,  
and move around easily

Sending loving-kindness phrases,  
may I appreciate  
my eyes,  
may my eyes  
be healthy and well,  
may I accept my eyes  
in whatever condition they are,  
in this moment,  
may I see my life  
with clarity  
and balance.

Now, shifting your awareness  
to your ears,  
feeling appreciation  
for being able to hear.





Saying,  
may my hearing  
be clear,  
and crisp.

For those wearing hearing aids,  
may I have gratitude  
for the technology  
that has created the device  
that allows me to hear.

Now,  
shifting kind attention  
to your nose;  
feeling the air  
coming in and out  
of the tip of your nose,  
being grateful  
that you are able to breathe.

Perhaps feel air  
in the back  
of your throat,  
and rest in gratitude.

Bring your attention  
to your lips,  
jaw,  
mouth,  
and tongue;  
appreciate how they all  
work together,  
in talking,  
chewing,  
smiling.



Noticing if you feel any tightness,  
or holding,  
in your jaw,  
relaxing,  
and loosening the tightness  
as best you can.

What is the position  
of your tongue,  
at this moment?

Allowing any tightness  
in your tongue,  
to melt away;  
feeling your whole face  
relaxing,  
sending loving-kindness  
to yourself.

May my lips,  
jaw,  
mouth,  
and tongue  
be relaxed and healthy.

Slowly move from your head  
down to your neck,  
noticing any sensation  
in your neck.

Sending loving-kindness phrases,  
may I meet  
any stiffness in my neck  
with kind attention;  
may my neck  
move with ease.



Now,  
bring your attention  
to your shoulders;  
noticing the top  
of your shoulders,  
is there any holding,  
meeting any sensation  
you feel  
with kindness.

Take a nice,  
deep breath,  
and as you exhale,  
letting your shoulders  
come down,  
and release,  
as best you can.

May my shoulders  
be relaxed,  
and at ease.

Now,  
moving from your shoulders,  
slowly move down your arms,  
feeling any sensation  
and aliveness there.

Bringing your awareness  
to your hands,  
what position are  
they in,  
at this moment?

Feel the point of contact,  
as they rest.



Noticing any sensation,  
any holding,  
or tightness.

Feel any vibrating,  
or pulsating.

Notice any sensations  
you have  
in your arms or hands,  
noticing any coolness,  
or warmth,  
in your hands and fingers.

Sending loving-kindness phrases,  
may my arms and hands  
move with ease.

Feeling,  
perhaps,  
a sense of gratitude  
for how your arms,  
hands,  
and fingers all work  
together,  
allowing you to  
keep your balance,  
and lift things.

Letting your arms and hands  
go,  
and slowly moving  
down the torso.

Having appreciation for all  
your internal organs;  
to name a few:  
your heart,



lungs,  
stomach,  
and intestine.

Bringing kind awareness  
and gratitude  
for all their  
many functions,  
having patience for the parts  
that at times  
may give you difficulty.

May my heart  
be strong,  
may my breathing  
be peaceful,  
may my stomach  
be at ease.

During times  
of unpleasant sensations,  
may I remember to send myself  
kindness,  
may I send any  
fear or worry  
that I may have,  
kindness,  
and when all is working,  
may I be grateful.

Now,  
shifting your attention  
from the front of your body  
to your back,  
slowly moving  
from the top of your shoulders,  
down your spine,  
to the lower back;



noticing any sensations  
in your lower back,  
meeting the sensations  
with kind awareness.

Now,  
moving your attention  
to the left side  
of your back;  
notice any pain,  
or tightness.

See if you can bring kindness  
to the parts  
that are uncomfortable,  
and try to soften  
into any pain  
or discomfort  
that you might be feeling.

Now,  
do the same  
on the right side of your back;  
start at the top  
of your shoulders,  
and slowly  
work your way  
down to your  
lower back.

Again,  
see what you notice.

Do you have a story  
about your back pain?



Are you holding yourself  
in a certain way?

Meeting all sensations  
with kindness,  
letting the story go,  
and focusing on  
the direct sensations,  
try as best you can,  
with great kindness  
and patience,  
allowing,  
and making space  
for whatever is happening  
with your back.

Imagine all the muscles,  
relaxing,  
and any holding  
melting away  
as you put your attention  
on your back  
with kind awareness.

Direct the following phrases,  
and receive them.

May I bring kind attention  
to my back.

May my back pain  
be released.

May the holding in my back  
soften,  
and open.



Now,  
letting your back go,  
shifting attention,  
slowly moving  
through the hips,  
pelvis,  
and buttocks area;  
noticing any sensation  
of solidness  
at the point of contact  
with the chair,  
floor,  
or bed.

May my hips,  
pelvis,  
and buttocks be  
healthy and relaxed.

Opening to any  
sensation  
arising in your thighs,  
knees,  
or ankles.

Feeling the muscles,  
the skin,  
the bones;  
bringing your kind awareness,  
and having gratitude  
for your legs.

May my legs  
be healthy,  
and well;  
showing kindness  
toward your legs  
even if you are having





difficulty with them.

Now,  
moving your attention  
to the tops  
of the feet,  
and the soles  
of the feet;  
noticing the sensations.

May my feet  
be healthy and well,  
and carry me  
with ease.

Noticing any tightness,  
pain,  
or discomfort,  
in any of your  
joints or body parts;  
feeling the sensation,  
and offering kindness  
to your body,  
and allowing yourself  
to receive  
your kind attention.

As best you can,  
soften, and allow,  
any tightness to release.

It may help to imagine  
your breath  
travelling down  
through the body,  
practicing gently,  
sending loving-kindness  
to your painful area,



and allowing the body  
to release.

May this area  
of my body  
be at ease;  
may the pain  
be released;  
may this  
part of my body  
be healed.

Now,  
you can simply  
let your whole body  
rest,  
noticing if you  
are holding on  
in any particular place  
in the body.

If you can,  
feel the breath  
moving through the body.

Bring your kind attention  
to that area of holding,  
not judging it,  
or trying to fix it,  
just wishing it well,  
allowing it to be.

As best you can,  
meeting the holding  
or gripping,  
with a heart  
full of compassion  
for whatever your body



may be experiencing  
at this time,  
try  
as best you can  
to bring kindness  
to any body part  
that might not be well  
or is hurting  
right now.

Bring kindness  
to yourself,  
and your whole body,  
as you repeat these phrases.

May I be  
free of pain.

May I be  
free of pain.

May I be  
free of fear.

May I be  
free of fear.

May I appreciate  
my body in this moment.

May I appreciate  
my body in this moment.

Practicing with kind-attention  
on the bod  
can allow you to  
relax  
in such a way



that you can begin  
to drop  
into a space  
deeper than your pain,  
or discomfort;  
deeper than your personality,  
or your story.

Staying present,  
from moment to moment,  
aware,  
resting in the  
very nature of your being,  
your wholeness.

You can include your entire body  
in a vast awareness,  
permeated,  
and saturated,  
with compassion and kindness.

End your meditation  
by opening  
your eyes,  
and shifting  
your focus  
back to your surroundings.