



Video Transcript

Body Scan Meditation For Relaxation

Hello, beautiful beings. I'm Maria Marshall and I welcome you today to the Body Scan Relaxation. This is a short but effective way to go into your body, bring awareness to the parts of you that are holding stress and tension, and to let them go. I invite you to lie down for this meditation. Get comfortable

as you're lying down, you can shut your eyes and start connecting to the breath. Deep inhale in. And exhale with a sigh. Ah,

another deep inhale in

and exhale with a sigh. Ah. And on this last synchronized breath that we take together, imagine the exhale training, everything from your mind down through your body, and out your feet. Inhale in. Feel your belly and exhale from your brain. Ah, all thoughts, worries, and concern down to the bottom of your body, out through your legs and your toes.

We are going to start right there at our toes. Bring your awareness. To your toes. You might wanna wiggle them. You might want to point them like a ballerina. You can clench them for two breaths. Inhale, exhale. Ah.

Inhale, exhale, and then relax them. Let them be still. Feel them relaxed and let go of anything, any tension, anything that they are holding. We're gonna move now. To the arch of your foot. And again, if you wish to, you don't have to. You can flex and point to your feet couple of times, or just simply bring awareness to the arch of your foot.

Breathe in and exhale.

Sending relaxation to the top of your feet, the arch of your feet. Breathe in and exhale. And on this next breath, move to your ankles. Do some ankle circles. You can roll them out. You can roll them in, you can flex them back. And point a few times with the breath and then let them be, still breathe in relaxation to your ankles, to your toes, to your whole foot.

Ah, and let any tension go. We're now gonna move up the calves of our legs front and back.

You can tense the muscles if you like. And then relax them a couple of times or simply bring awareness to them.

What would it feel like to intentionally release anything that you're holding there? Maybe you imagine wax melting. You can use a visualization to relax. Your calf muscles, your leg from the knee down, breathing in relaxation, and on the exhale letting go of all tension from the knee down.

Next, we're gonna move up to our thighs. We, as women, hold a lot in our ibin and our quads, the back of our thighs, our hamstrings. Let's bring our awareness there, and if you choose to, you can tense the muscles and release a couple of times. Or simply break the breath and awareness to your thighs. Now letting go of all tension that you hold in your quadriceps on the sides of your leg, your IT band behind your buttocks going down your hamstrings, relax.

Send relaxation to your thighs. On the inhale, breathe, and relaxation.

And on the exhale, release everything from the hips down out the body. Next we're gonna focus on our hips. And our buttocks, the front of our hips and the back, if you like, you can clench your buttocks muscles really strongly, so a very strong muscle. And relax. Clench and relax. And on the exhale, relax.

Maybe one more time if you choose clench and relax.

Are you holding anything here? Is there any grief in your hips that wants to leave right now? Is there any tension in your buttocks that you can now let go of?

Imagine your hips in front of your hip flexors antibiotic. Melting away, light a candle, warming the wax, and just seeing it become liquified and send all that energy that no longer serves down from your buttocks in your hip, flexors down your lip, down your calfs, through your ankles and feet and out your toes.

Breath in. And let it go. Ah, completely relaxed. Let's go up now to the area below your navel, where your intestines are, your digestive center, the front of you, below your navel, and your back, your lower back. Bring your awareness. To these centers,

if you'd like to contract, you can, or you can just merely tap in to the intention to relax and scan. What are you holding here? If anything? What can you release? How can you melt? These two areas, the front of your body, in the back of your body,

melt them into the floor

and release. On the inhale, breathe in and on the exhale, send anything that you're holding in your digestive center or your lower back down. Send it down, down for your hips, for your legs out, your feet out, the tips of your toes. Inhale again

and release again. All tension in your stomach area and your lower back.

Now we bring our attention and our awareness up above our navel, the front part of our body, and the top part of our back, all the way between our shoulders, between our shoulder blades, our heart center, right up to the neck. Basically between the area we just worked on and below the shoulders, front and back.

What tension, what emotion are you holding here?

If you like, you can clench the back. Contract it and release a few times contract beliefs, or you can just merely bring your attention and intention to this area. Tap in. Where do you hold? Do you hold between the shoulder blades? This is often a sign of difficulty receiving love. Whatever you're holding.

It doesn't really matter at this moment what it is. Just have the intention to relax. Inhale, relaxation. This heart center, the pectoral muscles between your shoulder plate. Bring your attention there where attention goes, energy flows. Just tap into those areas. I'm going to give you a little extra time here as we tend to hold more in these centers, and there are three strong centers here that pectorals.

We tend to roll our shoulders forward when we go into a protection mode. We can tighten the heart center when we go into protection mode, and we can hold a lot of tension between the shoulder blades. Let's take some inhales and exhales on the pectorals. Hex releasing everything. All tightness, all contraction.

Breathing into the heart center, ah, and letting go of all protective barriers. And the same thing between the shoulder blades. It's the back of the heart. Inhale. Ah, and let that relax. I let it all melt away. One more inhale, and on the exhale, just imagine, oh, everything going down, down, down through the hips, through the legs, out the feet, the tip of your toes.

Next, you're gonna go to the upper portion of the shoulders, the tips of the shoulders and the front of the throat. We can hold a lot of tension in the neck area, and this constriction can lead to

headaches, migraines, and other problems. So let's first focus on the tops of the shoulders and the trapezius muscles.

If they're tight and you want to clench them, go ahead. Do that a couple of times.

Keep breathing and using the breath to inhale relaxation and to exhale. Any tension. Inhale to the top. Of the shoulders and exhale.

Let's move to the tips of the shoulders. And the rotator cuffs. Inhale and let all tension drain again. Inhale and just feel into this center. Imagine it relaxing, softening, opening, and letting go. And now we'll go to the front of a neck,

all the tendons, everything in the throat area. Let's inhale, relaxation, and exhale.

Opening the center if you want. You can squeeze it and then relax or just simply breathe into it. Breathe relaxation in, and exhale.

We are going to continue down the arms to the top part of the arms, from the shoulder to the elbow where your biceps and triceps are. You might wanna clench them, make a muscle, feel that, and then let it go.

If you choose to, you can contract them again, like you're about to lift a weight. Ah, and let 'em go. Do it one more time if you wish.

Feel into your arms, the top part of your arms, and just imagine them softening and relaxing. Melting. We're gonna go to our forearm.

Use the breath. Then you can clench. You can clench your fist if you like, and your whole forearm together. And on the exhale let go. You can clench again. We're clenching to feel the tension to make it more noticeable. Breathe in

and let go. And now soften. Bring your awareness to your forearm and hands

on the inhale. Breathe in relaxation. Her muscles are softening. Opening, relaxing, and letting go.

Next, we're gonna go to our face. The front part of our face, especially our jaw. We hold a lot of tension in our jaw and some people clench at night. This is an area we wanna focus on. Breathe in to the muscles of the face, especially the jaw. And if it helps, you can even put your fingers there and breathe in while sing.

And on the exhale release, if this is tender, you can breathe in. More gently and you can even breathe love into this area.

Ah, you can even scrunch up your face. And relax. Scrunch it up again and relax. Breathe in relaxation to all the muscles in your face, your brow between your eyebrows,

the muscles of your cheeks.

Breathe in down the jaw,

even the mouth. We hold a lot of tension here. Let your mouth open and on the inhale o breathe in relaxation, and on the exhale through this relaxed mouth. Ha si.

Next, we're gonna bring our awareness to our ears.

Feel into your ears. Focus on your ears. How are they feeling in this moment?

Can you breathe some relaxation into them?

Breathe in awareness to your ears. And on the exhale, let go behind the ears, in front of the ears. And now we're gonna move our attention to the top of our head and the back of our head.

Bring your awareness there and breathe in relaxation.

Let that scalp open. Let it relax. Imagine putting a shirt on a hanger and just letting it the top of the scalp, just. Rest on your skull. Let it just be with no tension, no contraction. What does it feel like to have a relaxed scalp?

It always feels good when I get my hair shampooed before a haircut. We do hold tension everywhere in our body.

We've reached the top of our head and we're going to take. Three deep inhales all the way from our toes to the top of her head, and on the exhale all the way from the top of her head down through our body outer toes. So inhale from the toes up top of her head. And now imagine flushing every bit of tension out of our body from the top of our head down

again.

Top of our head and down relaxation.

One more time from the toes

to the top of our head. Hold it and, ah,

what does it feel like? When your body is relaxed,

what does it feel like when you come out of your thinking mind into the awareness of your beautiful body?

What does it feel like to feel yourself? Lying on top of a surface, relaxed, open, melted onto the surface. So the floor you're relying on. With a bed.

Hold onto that just a bit longer. Take that with you before you fall asleep at night. Relax your body. Give it the gift of relaxation so that you can rest regenerate. And balance.

You can stay here. A few more moments. Just enjoy the relaxation, the afterglow. I thank you for listening today, for joining me, and I hope to see you again soon. Namaste.