



THANKFUL FOR MY BODY MEDITATION

Set yourself up to meditate: Find a quiet, comfortable spot lying down or sitting. Minimize any distractions. Take a few breaths.

Ways you can practice this meditation:

- Slowly read through the meditation once. After reading it, close your eyes and review the images one by one in your mind's eye. It's okay to forget a part, as the goal here is not to memorize the meditation but to experience the flow.
- Read one line at a time, taking a breath between each section and visualize.
- Record yourself reading the guided meditation aloud and then play it back to yourself.

We are usually pretty good at picking out all the things about our bodies that we don't like: they aren't thin enough, buff enough, have pimples, lumps and bumps, bad balance, my butt is too big, my butt is too small, I'm not as strong as I use to be and so on. But our bodies are actually pretty amazing! Everything that we love to do is dependent on our bodies - whether playing music or sports, hugging someone, listening to nature sounds or music, looking at art, tasting delicious food we experience this all through our incredible human body. This meditation is designed to guide you to practice showing your body appreciation for all it does by scanning our body, becoming more aware and appreciating every part that contributes to our abundant human experience.





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- So let's begin. Take a few breaths, notice the weight of your body on the floor or the chair, noticing the points of contact your body has with the chair or the floor. Now feel those points of contact and get a sense of gravity. Notice that the floor and the earth underneath your body is supporting you, holding you up so that you can totally relax and let go. You are supported.
- Bring your attention to the top of your head.
- Now let your attention spread down to your eyes. Think of all the wonderful things you get to experience with them. Sunsets, art, smiling friends, animals. Give your eyes thanks. Say to yourself thankyou eyes. My eyes are well, happy and healthy. My eyes naturally and easily support my abundant human experience.
- Move your attention to your nose. Feel the size of it, where it sits on your face. Appreciate everything you are able to smell: fresh baked bread, fresh cut grass, flowers, the lake, dirt, an orange. Say to yourself thankyou nose. My nose is well, happy and healthy. My nose naturally and easily supports my abundant human experience.
- Now move your attention to your mouth. Reflect on everything your mouth makes possible. Become aware of your tongue, your teeth, your lips. Remember the taste of your favourite food, think about the gift of communicating. How your mouth and tongue allow you to communicate verbally and non-verbally through smiling and frowning and everything in between. Say to yourself thank you mouth. My mouth is well, happy and healthy. My mouth naturally and easily supports my abundant human experience.



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- Now shift your attention to your ears. Feel where they are on your head, their size, give them a wiggle. Think about the awesomeness of having ears. Think of your favourite music, favourite nature sounds, the voice of a loved one - all this made possible by your ears. Say to yourself thankyou ears. My ears are well, happy and healthy. My ears naturally and easily support my abundant human experience.
- Now feel your whole head and imagine you can feel into your brain. Reflect on how your brain makes your human experience possible. It is your supercomputer. Thinking, guiding, analyzing, archiving, remembering, creating... take a moment to appreciate and send some love to your brain. Say to yourself thankyou my amazing brain. My brain is well, happy and healthy. My brain naturally and easily supports my abundant human experience.
- Now focus down to your throat, to your voicebox. Think about the joy of singing, of verbalizing your love to others. Be grateful that you can communicate with the world because of your voice box. Feel thankful for all of the words you can say or sing. Say to yourself thankyou voice. My throat is well, happy and healthy. My throat naturally and easily supports my abundant human experience.
- Let your attention move down into your shoulders and into your arms and hands. Give your fingers a wiggle. Reflect on all of the things that your arms and hands do for you. They feed you, they hug, they gesture and communicate non-verbally for you, they hold dirt while gardening, they type on the computer, so many good things in our lives are possible because of our arms and hands. Say to yourself thankyou arms and hands. My arms and hands are well, happy and healthy. My arms and hands naturally and easily support my abundant human experience.



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- Bring your attention to your chest, place your hand on your chest. Feel your heartbeat. Know that your heart never stops, it keeps working around the clock for you, never taking a break so that you can enjoy everything that you have in your life. Say to yourself I am thankful my beating heart. My heart is well, happy and healthy. My heart naturally and easily supports my abundant human experience.
- Now shift to your lungs. Expanding and contracting. Breathing in good oxygen and letting out carbon dioxide that our body does not need. Say to yourself thank you lungs. My lungs are well, happy and healthy. My lungs naturally and easily support my abundant human experience.
- Move your attention to your stomach, all your internal organs, liver, kidney, digestive system. All these organs make your life possible. All of the things they do for us, cleaning out toxins, absorbing nutrients, regulating blood sugar and hormones. We often don't treat them that well, but they just keep working doing their best to keep us healthy. Say to yourself thank you all my organs. All my organs are well, happy and healthy. My organs naturally and easily support my abundant human experience.
- Move your attention to your hips, low back, legs and reflect on everything your lower body does for you. Getting around, exercising, biking, dancing, jumping for joy, walking, sitting down to relax, standing up to get something. All of this is possible because of your powerful and strong legs, hips and back. Say to yourself thank you legs, hips and back. My legs, hips and back are well, happy and healthy. My lower body naturally and easily supports my abundant human experience.



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- NOW bring your attention to your feet, your heels, your ankles, your toes. Take a moment to appreciate that your feet hold you up. They take the full weight of your body and balance you on the earth. Say to yourself thank you feet. My feet are well, happy and healthy. My feet naturally and easily support my abundant human experience.
- Now bring your awareness to your whole body. Breathing out any judgement about your body and breathing in any feelings of ease, of happiness and appreciation. Be thankful for it, just the way it is. Say to yourself: my body is strong, my body is great as it is right now. My body gives me the gift of my human experience every day and I am thankful for my body. My body allows me to experience my life with abundance and joy.
- As you participate in your day, when you feel yourself being hard on your body say to yourself: Thank you body. My body is well, happy and healthy. My body naturally and easily supports my abundant human experience.
- When you feel ready, open your eyes, then slowly and gently move your head and look around. Give your body a gentle shake, become aware of all that you are. Take a big breath.