

Welcome to the daily calm: mindfulness meditation (body scan) – calm.com

<https://www.youtube.com/watch?v=ZToicYcHIQU>

This is a very relaxing “body-scan” meditation: i.e. it helps you control your breathing, while scanning the whole of your body. It is usual because it starts from the head and works down to the feet. The aim is to help you feel calm and better able to deal with difficulties in life. The transcript here is to help you learn vocabulary.

You may want to do this activity in French or your mother-tongue. For French, Christophe André’s Youtube videos are good place to start. The first in a series is here. https://www.youtube.com/watch?v=mYuZ_oUhkB8

<p>Let’s start today’s session by finding a comfortable position, with a tall, straight back. Allow you arms to rest gently. And when you are ready, close your eyes. Bring full attention to this very moment. Settling in, and allowing the mind and body to still.</p> <p>With openness, patience and curiosity, bring your awareness to the breath. Taking a deep breath in, and releasing it slowly. Follow the breath as it goes in and out of your body.</p> <p>And taking one last deep breath, before letting the breath settle, allowing it to feel natural and easy. Don’t try to force the breath or regulate it in any way. Just allow it to flow naturally on its own...</p> <p>And we will scan down the body now, concentrating our attention from part to part.</p> <p>Start by bringing your attention to the top of your head and scalp, feeling whatever is happening in this area. You might feel tingling or heat, throbbing or soft vibrations. There may be a strong sensation, or you might not feel much at all. Now lower your attention to your forehead, face and jaw. Allow the muscles here to relax.</p> <p>On your next out-breath, let that sensation dissolve. ??? Your focus to the neck, and the throat and sides, and back of the neck soften. Notice any sensation that arises on the surface of the skin, and deeper within. Now bring your attention to your shoulders noticing if there is any tension or strain. Breathe into your shoulders, and if any parts feel tight, allow them to relax.</p> <p>Extend your awareness down the arms, towards the wrists, palms and fingers. On the next out breath, allow them to soften.</p> <p>Now come to the chest, observing the rise and fall of each breath. Notice how the lungs expand and contract.</p> <p>Direct your attention to your upper and lower back. There may be some intensity, as this is an area where we commonly hold stress. If you notice any tension or warmth or discomfort just observe what’s there. With each breath you take, soften just a little bit more.</p> <p>Moving your focus around your abdomen, notice it expanding, filling up with air and slowly emptying on the exhale.</p>	<p>Un dos droit Doucement</p> <p>To settle = s’installer</p> <p>Conscience</p> <p>Soufflé</p> <p>Cuir chevelu</p> <p>Picotements / pulsations Front / mâchoire</p> <p>Dissoudre Gorge</p> <p>Pression/tension</p> <p>Poignets</p> <p>Poitrine Poumons</p> <p>Inconfort</p> <p>Expiration/expirer</p>
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<p>And bring your attention to your pelvis. Notice where your body makes contact with the ground, or your chair, and direct your breath into this area relaxing into stillness. Now scan your legs, observing your thighs. Notice where they make contact with your cushion or chair. Lowering your attention to your knees and shins and calves. Let your legs soften and tensions released. When you're ready breathe into your ankles, your feet and toes. Let them relax and become soft, sinking into a state of relaxed awareness.</p> <p>And as we near the end of the session, take a moment to notice how you feel. You may find that you are more relaxed. This is often a common outcome of meditation. This is one of the reasons why it is so helpful to meditate during times of stress. When we are experiencing stress, our ??? fires up and it is difficult to make thoughtful decisions. So if we find our mind is clouded due to overwhelm, we can use meditation as a tool to calm the mind down. Ideally we want to meditate in a preventative way, so we don't get to that point, and the practice is here for you whenever you need it.</p> <p>And as we near the end of the session, bring your attention back to the room, wiggle your fingers and toes and slowly open your eyes.</p> <p>I hope you have enjoyed today's daily calm. I invite you to bring the state of peace with you into the day, and we will see you back here tomorrow.</p>	<p>Basin Ici, le sol Calme Cuisse</p> <p>Tibias / mollets</p> <p>Chevilles / orteils</p> <p>Résultat</p> <p>Réfléchi</p> <p>Pour ne pas arrive à ce stade</p> <p>Remuez vos doigts</p>
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