



Let's start by shifting your energy

## **Be Present/ Body Scan**

The body scan exercise allows you to get present and gain body awareness; allowing you to listen to the body's wisdom and what it is communicating.

Close your eyes, take a couple of deep breaths, and take a quick inventory of your body. Notice as you bring awareness to each part of your body, to see if any area feels heavy or out of sync. If you do, in your mind, ask that part of your body what it is feeling.

**Example:** "Hi heavy chest, what are you trying to tell me? What are you feeling?"

Or "Hi knot in my stomach, what's upsetting you?"

Listen to what comes to you. Try not to go into your head and start to formulate a conclusion. Whatever information you receive, refrain from wanting to judge or dismiss this information. If you are unsure as to what your body is trying to tell you, ask for more information.

After you've given your body (the area not at ease) a voice, go back and see if you are still experiencing the sensation. See whether the feeling of discomfort has moved somewhere else or disappeared. Sometimes just giving it a voice can be enough to shift the energy. After all, most of us just want to be heard without judgement.

## **Be Present**

Being present brings you in the moment to create a more quality life, as well as reduce mind chatter and anxious or depressed feelings.

When you catch yourself

- Daydreaming
- On auto-pilot
- Worrying about the future
- Ruminating over things from the past

Take a couple of deep cleansing breaths, bring awareness to the things around you, start naming them out loud; **for example**: while you are driving; "stop sign, red light, I feel happy that I'm on my way home from a long day of work."

Practice being present as often as possible by taking notice of things around you. Make a commitment daily to view the world with fresh eyes.

What does it feel like to:

- Have the wind brush across your skin?
- Feel the shirt on your body or the shoes on your feet?
- Feel the support of the chair you are sitting on?

Pay attention to how different it feels to be fully present.

Other ways to get present are to:

- Pray
- Meditate (guided mediation or being mindful)
- Watch/read inspirational materials (movies, books, quotes, videos.)
- Go to the park or favorite place and watch everything going on around you. Be open and inquisitive bringing your full attention to the possibility of what you might discover.

Write about realizations that come to you while doing this exercise.