

Body Scan



Start by taking 3 Vitality Breathes (breathe into your entire body, allow the energy to flow wherever it goes without judgement) In through Nose, Out through Mouth. Allow your light to illuminate within and surround yourself.

On your 4th breathe, focus the energy flow to your toes. Move upward with each breathe- Feet, ankles, calves, knees, thighs, hips. With each breathe, notice what you feel. Continue upward to your sacrum, womb, abdomen, and up each vertebrae of your spine.

As you move to your heart center- stay here. Take three beautiful breathes of gratitude for your strong beating heart. Then bring the attention to your hands, arms, shoulders, and neck. Really notice any tension you hold in these areas.

Now, breathe into your jaw, brow, and top of the head. Connect to the light, visualize that light shining so bright, illuminating your entire being.

Say Thank you x3. Say I love you x3. (Out loud and feel the vibrations leave your mouth)

Day One: Awareness



AM Mantra: I am connected to my body, mind and spirit.

PM Mantra: I am grateful for restful sleep that restores my mind-body connection.

Breathe: In through Nose, Out through Mouth (5 seconds)

Optional: Music/Soothing Sounds

Objective: Notice, See, Feel, Experience the sensations in your body, the thoughts that occur, and focus on each breathe. (PM Practice: you can do the reverse body scan- start at head and work towards toes)

Remember: Set your protection afterwards. Imagine a beautiful cylinder of purple light coming up from the ground surrounding your entire physical and energetic body that acts as a shield for any negative or toxic energies.

Day Two: Sound Healing



AM Mantra: I release and relocate all that no longer serves me.

PM Mantra: I give myself permission to relax and restore my energy to neutrality.

Breathe: In through Nose, Out through Mouth (add Sound)

Optional: Music/Soothing Sounds

Objective: As you do the scan, add sound on your exhale. Stay on a certain area for multiple breathes if it feels right. Use the same sound throughout or change it up. Don't pre-judge the sound just let it happen. Sound isn't needed on every breathe. There is no right or wrong, let it flow and do not "think" just be.

Remember: Set your protection afterwards. Imagine an angel or spirit guide standing behind you, wrapping their wings or energy around your entire physical and energetic body that acts as a shield for any negative or toxic energies.

Day Three: Touch Experience



AM Mantra: I am a being of light and energy within this body.

PM Mantra: I give myself permission to feel into my soul body.

Breathe: In through Nose, Out through Nose (4 seconds)

Optional: Music/Soothing Sounds

Objective: As you do the scan, place your hands on the areas of your body that need support. In those breathes, focus on touching the body part, then lifting your hands lightly above yourself 3-6 inches into your energetic field, then feel your hands sink into the energy that is there.

Remember: Set your protection afterwards. Visualize a bubble of light surrounding your entire physical and energetic body that acts as a shield for any negative or toxic energies.

Day Four: Energy in Motion



AM Mantra: I am capable of changing state, I am in the here and now.

PM Mantra: I am grateful for this body.

Breathe: In through Mouth, Out through Nose

Optional: Music/Soothing Sounds

Objective: As you do the scan, add movement to the exhale. Sound can be added as well. Point, flex, rotate, twist, wave, sway, turn. There is no right or wrong movement. Don't pre-judge, just flow. Notice the energy moving throughout your body when you add movement. You may need to stay on certain areas longer than others.

Remember: Set your protection afterwards. Visualize a shield of light and energy surrounding your entire physical and energetic body that acts as a shield for any negative or toxic energies.

Day Five: Intuition



AM Mantra: I am made of starstuff. I am connected to every being in the universe.

PM Mantra: I am grateful for the light within that guides me.

Breathe: In through Nose, Out through Mouth (8 Seconds)

Optional: Music/Soothing Sounds

Objective: Do a quick body scan- listen to yourself and focus on one specific area in need. Today is all about trusting yourself and following your gut. Tune into where you are guided to. Spend time in that area doing breathework- add in sound, touch, or motion as you feel called to do so.

Day Six: Heart Center



AM Mantra: My heart works so hard for me each day, it is so powerful.

PM Mantra: I am grateful for my strong beating heart.

Breathe: In through Nose, Out through Mouth (4 Seconds)

Optional: Music/Soothing Sounds

Objective: Take three to five relaxing breathes. Sink into the place your body is in this moment. Now place your hands on your heart center. Feel it beating. Feel the power it holds. Breathe into this power. Breathe into this light. Visualize a green light shining out in every direction from your heart, creating a circular field of unconditional love. Know that this love is always with you, it is part of your whole being. Feel the warmth it provides. Feel the light it gives wherever you go. Receive the light of others when you are around them.

Day Seven: Wholeness



AM Mantra: I am a whole being- mind body spirit.

PM Mantra: I am grateful for every part of me.

Breathe: In through Nose, Out through Mouth (5 Seconds)

Optional: Music/Soothing Sounds

Objective: Do a Reverse Scan- start at the top of your head and work your way down. Visualize a beautiful bright white light just above your head. Breathe into this light as it grows and grows. Know that this light is created from your highest good, and the highest good of all beings. Experience the illuminating properties of this light- it's beauty, strength, connection. Allow this light to enter into your body to heal any part in need, to restore and bring vitality. Allow this light to enter into your mind to provide peace and calming. Feel this light as you, as your whole being. You are whole.
