



Body Scan

**PURPOSE: TO BE PRESENT TO MY WHOLE SELF-BODY, MIND
AND SPIRIT**

BE COMFORTABLE AND TAKE A FEW DEEP BREATHS. CENTRE YOUR
SENSE ON YOURSELF.

BECOME AWARE THAT YOU ARE IN THE LONG, LOVING GAZE OF THE
FATHER, SON AND HOLY SPIRIT.

HOW DO YOU COME TO THIS TIME TODAY?

STARTING AT THE CROWN OF YOUR HEAD, SLOWLY SCAN YOUR BODY,
ASKING YOURSELF 'HOW DOES IT FEEL TO BE IN MY BODY TODAY?'
DO YOU FEEL PAIN, TENSION, ANXIETY, TIREDNESS, ENERGY?

TAKE A MOMENT.

WHAT EMOTIONS ARE IN YOUR BODY TODAY? ARE YOU HAPPY, SAD,
JOYFUL, ANGRY, LOW, EXCITED? AS YOU SCAN AGAIN, LINGER AND
EXPLORE WHERE THESE FEELINGS ARE RESIDING IN YOUR BODY.

GIVE THIS AWARENESS TO GOD AND REST. HE MAY TALK TO YOU
ABOUT SOMETHING YOU HAVE NOTICED, HE MAY NOT. EITHER WAY,
REST IN THE LOVING GAZE OF GOD.

LASTLY, WHAT DO YOU DESIRE OF GOD IN THIS MOMENT? WHAT
LONGINGS ARE IN YOUR HEART?

PAUSE AND CONSIDER: WHAT DO YOU WANT TODAY?

CHAT TO GOD ABOUT THIS, ALLOWING HIM TO SEE YOUR HEART.