

BODY SCANNING - PART III

Mysterious Vital Resource

- Q&A from last week's experiences.
- This week we will review the mysterious vital resource. The capacity to mend oneself. This capacity has been referred to as the placebo effect; that is, your healer within. Then we will do some progressive relaxation meditation techniques.
- **First let's start with some short meditation:** the following mediations are taken from the mobile app **Insight Timer**.
 - *Simply Be*, Scott Lanston (1:40 minutes)
 - *Simply Being – Relaxation & Presence*, Mary Maddux (5:00 minute)
 - *Present Moment Awareness with the Breath*, Alice Lash (3:38 Minutes)

THE HEALER – Our personal mysterious vital resource

- **The Placebo effect** – Psychology experiments using two groups: One group receives the pharmaceutical medication the other group receives a sugar pill – both groups thinking they are receiving the medication. Some of those who received the sugar pill actually become better. This illustrates the capacity of the mind to believe (think and feel) you will improve because you are receiving the pharmaceutical medication, when in fact you did not.
- **The healer within** - When you have a cut, you put a band aid over it and wait for it to heal. So who does the healing? If you break an arm, you go to the doctor, and the doctor resets the arm and puts it in a cast. Then you wait for it to heal. Who does the healing? Not the doctor, the doctor is your technician in this case. You are the healer.

The Mysterious vital resource is naturally circulating within us. We can use it for self-empowerment and healing. This is a most profound medicine and it costs nothing; it is created naturally within the human system. Creating internal harmony brings about greater health. With practice and intention one can realize internal harmony. Breath practice meditation is a tool that can be used to explore the body's health and purposefully maintain well-being, and harmony of the body, mind and spirit working together in harmony...minimize the stress on the body, enhance the relaxation response.

The mind-body relationship cannot be in two places at once. You either are experiencing some level of stress or some level of relaxation. But we cannot do both at the same time.

The stress response...blood is pushed out from the visceral body and out to the muscles for fight/flight response, the thinking frontal cortex blood is squeezed out into the lower instinctual part of the brain. The immune system is closed down.

In contrast the relaxation response...The visceral area is flush in blood, so to the frontal cortex and importantly, the immune system is operational.

Being present in the moment, momentarily letting go of the past, letting go of thoughts about the future, work at being present with the current moment, no place to go or to be. Just be here and now.

The past is a place for remembrance, not a place of residence. The same goes for the future. Being present to the moment allows you the opportunity to selectively engage in reflecting on the past or future in order to orient action in the present. The challenge is to grow or be empowered to utilize purposeful reflection rather than habitual reflection.

- Periodically **remind yourself** to activate the healer inside of you to help instigate bodily health as you take in a breath and relax.
- Short Body Scan – Smiling to myself. Dzung Vo (4:52 Minutes)

Alternate Body Scanning using muscle tensing and release each part of your body progressively as you mentally bring your awareness to each part.

- *Stretch Relaxation*, Andrew Johnson (3:57 minutes)
- *Stretch, Breath and Sit*, Jonathan Foust (20:03 minutes)
- *Heart Chakra Tibetan Singing Bowls*, Sonic Yogi (19:15 minutes)

FOLLOW-UP

- These meditations are pulled from the **Insight Timer App** (download free into your mobile phone Android and iPhone versions). You can do your own body scanning without listening to a recording; however, sometimes listening to a recording helps to keep the mind focused. Explore and discover what works best for you. Q&A.
 - Body Scan - 8 breathes. Lucy Draper-Clarke 3:09 minutes
 - Body Scan--Dawn Mauricio, 7:49 minutes – not the best, but it is short
 - Body Scan Meditation--Kate James, 15:20 minutes
 - Body Scan--Mark Bertin MD, 15:59 minutes
 - Sitting Body Scan Practice--Scott Rogers, 19:42 minutes
- **Exercise** - 5 minute short body muscle tensing/releasing scan
 - In a comfortable position, close your eyes and take several deep breaths.
 - Bring awareness to your right leg. Inhale deeply and lift the leg up slightly, tensing the foot and leg. Tense a little tighter. Now let your breath out and gently drop the leg. Role the leg from side-to-side and relax. Do the same for the left leg and foot.
 - Do the same procedure for the following: together thighs, buttocks and pelvic muscles – tighten and relax; raise right arm making hand into fist tense and hold then release and role the arm side-to-side; now the left arm; pull shoulder blades together in the back, squeeze; next pull shoulders up towards your ears hold & release and repeat three times; now tighten facial muscles, squeezing and release; gently roll your head from side to side.