

A 10-Minute Somatic Meditation Script

Introduction:

Find a comfortable position, either sitting or lying down. Allow your body to sink into the support beneath you. Close your eyes gently, or let your gaze soften. Take a few deep breaths, inhaling slowly and deeply, and exhaling fully.

Body Scan:

Begin to bring your awareness to your body. Notice the sensations of touch where your body meets the support. Feel the weight of your body, grounded and connected to the earth.

- **Feet:** Start by noticing your feet. Feel the weight of your feet on the ground. Are there any sensations? Tingling, warmth, or coolness? Simply observe without judgment.
- **Legs:** Bring your attention to your legs. Feel the weight of your legs, the muscles relaxing. Notice any tension or relaxation.
- **Pelvis:** Focus on your pelvis. Allow it to soften and release. Imagine your pelvis as a bowl filled with warm, soothing light.
- **Torso:** Bring your awareness to your torso. Feel the rise and fall of your breath. Notice any sensations in your chest, back, or abdomen.
- **Arms and Hands:** Turn your attention to your arms and hands. Feel the weight of your arms, the relaxation in your shoulders. Allow your hands to open and release any tension.
- **Neck and Head:** Gently bring your awareness to your neck and head. Allow your jaw to soften, and your forehead to relax. Feel the weight of your head supported by your neck.

Breath Awareness:

Now, bring your attention to your breath. Observe the natural rhythm of your breath without trying to control it. Notice the rise and fall of your chest and abdomen. As you inhale, imagine a wave of calm washing over you. As you exhale, let go of any tension or stress.

Mindfulness:

Thoughts may arise during this meditation. This is normal. Gently acknowledge the thoughts without judgment and return your focus to your breath or body sensations.

Ending:

When you're ready to conclude the meditation, slowly bring your awareness back to your body and your surroundings. Wiggle your fingers and toes, and take a few deep breaths. Open your eyes when you feel ready.

Note: This is a basic somatic meditation script. You can adapt it to your preferences by adding visualizations, affirmations, or specific body focus areas. Remember, the goal of somatic meditation is to connect with your body and cultivate a sense of presence and well-being.