

## **PART 3: PARTS OF THE BODY**

Refuge Recovery, Page 195

Find a comfortable way to sit, close your eyes, and relax your body. Bringing attention to the sensations of breath, continue redirecting the attention to the breath each time it wanders. Try to be as friendly and kind as possible to your mind's tendency to wander.

### ***3 minutes of silence***

If you are new to meditation, continue focusing the attention on the breath.

### ***Pause***

If you feel ready, begin to expand the attention to the whole body. Bring attention to your posture. Feel the pressure of your body on the cushion or chair. Feel the contact points of your hands touching your legs or resting in your lap. Direct the attention to sensations of sitting.

### ***Pause***

As you continue to direct mindfulness to the present-time experience, the next level of practice is to bring attention to the different parts of the body.

Start at the top of your head. Bring attention to the crown of your skull, hair, and scalp.

### ***Pause***

Then slowly scan your attention downward visualizing and taking inventory of all the parts of your body.

### ***Pause***

Forehead, eyebrows, eyelids, eyes, nose, cheeks, ears, jaw, lips, mouth, teeth, tongue, chin. Feel your face, and all its parts.

Include the muscles, tendons, arteries, and veins. Visualize your brain resting in the cradle of your skull.

### ***Pause***

Your inner eardrum. How the nose and throat connect. Taste buds, smell receptors. The gelatinous nature of your eyeballs.

### ***1 minute of silence***

Begin to scan the attention down the neck. Visualize your throat, the passageways leading to the stomach and lungs. Vocal cords. Muscles, veins, arteries. Vertebrae. This is what holds your head on to your body. Feel it.

### ***1 minute of silence***

Scan your attention down into the trunk of your body. Clavicles, shoulders, chest, upper back. Skin, bones, joints, muscles, veins and arteries.

Breasts, nipples, ribs, sternum, vertebrae, and organs.

### ***Pause***

Before continuing the investigation of the midsection, bring the attention down the arms. Biceps, triceps, elbow, forearm, wrist, and hands. Without moving your hands feel your fingers, fingernails, palms.

### ***Pause***

Now, return to the trunk of the body. Take inventory. Heart, lungs, liver, spleen, stomach, kidneys, gallbladder, intestines, reproductive organs, colon, bladder. Fat, feces, and urine. Visualize the trunk of your body, as if the skin was removed and you could see all your inner workings.

### ***Pause***

The rib cage protecting the lungs and heart. The vertebrae allowing you to be upright, to sit, to stand, and also to bend.

### ***1 minute of silence***

Continue to scan down, into the buttocks and genitalia. Penis and testicles or vagina. The anus.

### ***Pause***

Skin, hair, muscles, arteries and veins. The pelvis.

Next are the thighs. This is the largest muscle, the largest artery, and the largest bone in the body. Visualize your femur. And how it connects to the pelvis and the knee.

### ***Pause***

Then bring attention down into the knees. Kneecap, back of the knee, connecting to lower leg. Calves, shins, and ankles.

### ***Pause***

Finally, the feet. Heels, arch, top of the foot, and toes. Toenails. Bones, joints, skin, hair.

### ***1 minute of silence***

Having scanned the attention through the body, we reflect on the impermanence of this body that is subject to sickness, injury, aging, and death.

### ***1 minute of silence***

We also reflect on all the unpleasant smells and sensations that come with having a body. This is what we are identified with and what we are often lusting after, a body that is filled with blood, feces, and urine.

***Pause***

Be mindful of the true nature of the body.

***2 minutes of silence***

***(Ring Bell)***