

Inner World Tour

Instructions

Guided by the content as described online, read the following instructions to lead this gentle meditation exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few moments to relax.
- Turn your gaze downward towards the floor or close your eyes.
- Take a few deep breaths.
- Start by turning your attention inward.
- I would like you to start to notice your thoughts and sensations at this time.
- Starting at your feet, notice what you notice.
- Which areas are tense? Which areas feel flexible?
- What does this area look and feel like on the inside?
- Do you notice any colours or sensations? Does this area have a message for you?
- Now move up to your legs.
- Notice the weight, vibration, temperature and any other sensations.
- What does this area look and feel like on the inside? Do you notice any colours or sensations?
- Does this area have a message for you?
- Notice your back... how does it feel? What does it look like inside? Notice what you notice... Do you notice any colours or sensations?
- Does this area have a message for you?
- Bring your attention to your stomach area. Notice if your stomach is tense or tight, let it soften. Relax and take a breath.
- What does this area look and feel like on the inside?
- Do you notice any colours or sensations?
- Does this area have a message for you?
- Notice your hands. Are your hands tense or open? Allow them to soften.
- What does this area look and feel like on the inside? Do you notice any colours or sensations?
- Does this area have a message for you?

- Notice your arms. Feel the sensations in your arms. Allow your shoulders to be light.
- What does this area look and feel like on the inside? Do you notice any colours or sensations? Does this area have a message for you?
- Notice your neck and throat. Let them soften and relax.
- What does this area look and feel like on the inside? Do you notice any colours or sensations?
- Does this area have a message for you?
- Soften your jaw. Allow your face and facial muscles to be soft.
- Simply notice and be the observer.
- What do these areas look and feel like on the inside? Do you notice any colours or sensations? Do these areas have a message for you?
- Now notice your whole body at this moment.
- Be aware of your whole body as best you can.
- Take a breath.
- And then when you're ready, wiggle your fingers and toes and open your eyes and join us back here in a few moments.

Source

This guided meditation was sourced from Jon Kabat Zinn's [body scan script meditation](#). Jon Kabat-Zinn, Ph.D. is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society.