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This body scan meditation script will help you relax and energize your body by focusing on every part of your body.The most optimal way to prepare for a guided body scan meditation is to adjust this session to the time you have available. This means that you shouldn't feel like you're in a hurry. If you aren't experienced with meditation, I suggest, that you keep sessions brief, so you can maintain the focus.Chakra Meditation on YoutubeBefore you continue with the script, I'd invite you to watch the video below.It's basically the Chakra Meditation Script we created, but as a video, so it's easier to follow it.[embedyt] 10 minutes long, and we hope you'll find it useful.Body Scan Meditation ScriptToday we are going to focus on muscle relaxation... something perfect if you feel any tension in your body, if you feel tired and you need to release that uncomfortable sensation.. this body scan will help you to listen to your body in a brand new way learning how to release any tension and any stress all over it...Lie down on your bed, on your couch, or sit on your meditation cushion... wherever you feel calm and able to let your defenses down finally...Find a comfortable, relaxing position where you can feel grounded, at ease, finally ready to chill and to focus on how you feel.Don't force your body to change how it feels but instead try to accept its signals...this is the way your body and mind speaks to you... instead of shutting it all down respect that... listen to it... cherish every single message to learn something more about your body and how it reacts to things, emotions or illness... Did you know that muscular tension is strictly linked to stress, anxiety, and worries? It's time to release all this from your body and your minds as well.Now we will begin the body scan from the top of the head to observe all the body from head to toes...we will observe how we really feel, to notice how body sensation and release some pain and tension with this meditation.. with the power of our caring mindful and nourishing breath... So.. let's begin... As I say the part of the body just visualize relaxation and if you feel any tension there see if you can send your breath there like a laser releasing any tension, pain or stress you are holding in that specific area of your body. ... Bring the attention to the top of your head...the forehead... the cheeks... the mouth... the back of the head... the top of the shoulders... the front of the chest... the upper back... the middle back... the lower back... stomach... and ribs. Bring your awareness to your shoulders... the biceps... the triceps... the forearms... your hands.Bring your attention to your hips... feel firmly rooted to the mat...bring your attention to your thighs... the right thigh... the left thigh... right knee... left knee... right shin... right calf muscle... left shin... left calf muscle... right ankle... left ankle... right foot... bottom of the foot... top of the foot... right toes... left foot.. bottom of the left foot... top of the foot... and finally left toes.Now scan your body from your head to your toes. As a total body overview.. take your time to notice how you really feel....if you feel any tension, any pain, bring your awareness to that area of your body and breathe in positivity and energy to it and exhale out the discomfort and the pain you feel... feel yourself in total relaxation... feel your body free from all the tension and ready to rock the rest of your day with a relaxed and brand new perspective.Use this relaxing body scan whenever you need to find your center, whenever you need to feel yourself and to relax.You have a brand new approach towards your body, and towards your own personal, intimate sensations you can use to manage stress, anxiety, and pain. You can finally be the master artist of your body.NamasteDownload Free Body Scan Meditation Script PDFYou can also download this body scan meditation script as a separate PDF file. You'll need to have a free Adobe Reader to view the PDF file (many computers have this already).Get it here: Body Scan Meditation ScriptHow can you improve Body Scan Meditation?Over the years of researching various meditation programs, I've found out that some of them work better than the others. I did spend vast amounts of money on these programs, so you don't need to.What I've found in my research is that specific brainwave sounds stimulate specific points of your brains and help you achieve desired results faster and stronger.For body scan meditation script I suggest that you enhance your experience with a unique brainwave sound called Tension Release Shot.Your brainwaves create a unique pattern when you're completely relaxed. Tensions Release shot replicates this pattern with special brainwave sounds that stimulate your energy centers and improve your meditation experience. Find out moreLet's get into more detailsThe Tension Release shot is a 15-minute and 30-minute audio program, that will help you wipe out your worries and anxiety. It features a slowly evolving sound effect (between 1-3 Hz to 10 Hz) combined with brown noise.This program was made to help you effortlessly replenish your energy levels, release bodily aches and pains, and to stamp out stress.Using this program is as easy as it gets. You can simply download the Tension Release Shot MP3 and use it however you like; on your phone, MP3 player, radio, etc. I want more informations it safe to use the Tension Release Shot?It 100% is. As I mentioned it only activates your natural brain's frequencies.A quick preview of Tension Release Shot trackI hope you liked my Guided Body Scan Meditation Script and don't forget to check other meditation scripts as well. Teen Meditation to Believe in Yourself. Ideal for kids aged 13 - 19 this meditation script delves into mature topics of worth, confidence & self-compassion. Download the "Teen Meditation To Believe In Yourself" Guided Meditation Script, Right Now, For Free!Use this Script to:Instantly be more confident leading others in meditationGain instant credibility with clients, students, and patientsRecord audios and videos that you can share freely Meditation for teensThis is a meditation for those of you between the ages of 13 and 19.This session will guide you to relax, and fully believe in yourself.Have a seat on the ground with your legs crossed, and your spine straight, or you can be sitting in a chair, just make sure you keep your posture tall and dignified during this session.If you would like to lay down and fully relax, that's fine too.You can do this meditation in different positions to see what's best for you.Let's begin by acknowledging something that is keeping you alive since the very beginning of your life, oxygen.Breathing is the most important thing we do, we cannot go for longer than 2 minutes or so without breath, yet most of us do not even notice we are breathing all day.So, let's honor our breath now by taking 5 deep and full breaths together in a moment, letting each breath fill you will energy, and each time you exhale, allow yourself to feel deeply relaxed.Take 5 significant and purposeful breaths.1 fully inhale.... expanding your belly and chest as much as you can.Holding it for a moment...And exhale.... feeling a wave of relaxation sweep over you...2 inhale... filling your entire breathing system with fresh oxygen.Hold it...And exhale.... the wave of relaxation gently sweeping over you...3 inhale.... so that you are brimming with air.Holding it..... soaking in oxygen...And exhale.... your body relaxes in different areas, without any effort...4 fully inhale.... feeling these breaths purifying your entire body...Exhaling..... just notice how you are feeling..And 5.... a beautiful breath coming in....hold it, feeling invigorated from oxygen...And exhale.... allowing relaxation to sweep over you...Take note of how you feel at this very moment. 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