

Ep #287: Body and Breath Scan



Full Episode Transcript

With Your Host

Susi Hatelty

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Male Announcer: You're listening to *From Pain to Possibility* with Susi Hately. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hately.

Welcome to this practice of yoga nidra. My name is Susi, welcome, and let's settle in by starting just by breathing. An inhale in, and an exhale out. An inhale in, and an exhale out. Connecting to your body, connecting to your breath.

Take a few more breaths like this and just notice what you feel as you continue to inhale and exhale in a way that you're conscious of. Just notice what the breath is doing, no need to make it deeper or change it up. Just notice how it's moving through your body in this particular moment.

Notice how your breath is moving your rib cage, your belly as the inhale comes in and the exhale goes out. This is now a time if you're working with an intention or a sankalpa, to bring that into your awareness and to say it to yourself as a single statement as if it's already occurred, as if it's already happened. My breath is easy and free. I am calm and at ease.

And then bring your attention to the space between your eyebrows, your forehead, and the back of your head. And around to your ears. Your eyes, nose, mouth, jaw. Your neck, the front of your neck, the back of your neck, both sides of your neck. Your collarbones, your right shoulder, right armpit, right upper arm, elbow, forearm, wrist, palm, thumb, first finger, second finger, third finger, pinky finger.

Feeling the whole arm now from your fingers to your shoulder. Your collarbone again. Your left shoulder, left armpit, left upper arm, elbow, forearm, wrist, palm, thumb, first finger, second finger, third finger, pinky finger. Feeling the whole of the left arm from your fingers to your left shoulder.

Collarbones, breast bone, the rib cage, the spot just below your breastbone, navel, two inches below your navel, pelvis. The right side of

[From Pain to Possibility](#) with Susi Hately

Ep #287: Body and Breath Scan

your pelvis, left side of your pelvis, the back of your pelvis, the front of your pelvis.

And into your right hip now. Your right thigh, the right knee, the right lower leg. The right ankle, heel, forefoot, the right big toe, second toe, third toe, fourth toe, pinky toe. Feeling the entire right leg from the toes to the hips.

Your pelvis, the left hip, the left thigh, knee, lower leg, ankle, heel, forefoot. Left big toe, second toe, third toe, fourth toe, pinky toe. Feeling the entire left leg from the toes to the hip all at once.

Tuning into the breath again. The waves of inhale and exhale, like a boat on water taking you up and bringing you down. Feeling your breath, feeling your body, being aware of the inhale and the exhale and aware of your right hand. Being aware of your inhale and your exhale and being aware of your right arm.

Inhaling and exhaling, being aware of your left hand. Inhaling and exhaling being aware of your left arm. Being aware of your breath and aware of your right foot, of your right leg. Being aware of your breath and your left foot, of your left leg.

Inhaling, exhaling, deliberately being aware of your breathing and your body at once. Being aware of your breath and your neck. Being aware of your breath and your face and head. Now notice your body from your head down to your toes and out to your fingers. The top of your head, the bottom of your feet.

Notice now that which you're touching; clothing, furniture, floor. Become aware of the sounds that are around you and within you. Allow your intention or sankalpa to bubble up again. And as you say it to yourself three times, notice how it's now resonating in your body.

As this nidra practice comes to a close, know that you can be here for as long as you need or want. And take a few breaths prior to transitioning on

Ep #287: Body and Breath Scan

with the rest of your day. And when you're ready, slowly begin to feel your hands or your toes, perhaps wiggling your body.

Have a really great rest of your day. Thank you for your practice, we'll see you next time.

If this episode has resonated and you're looking to deepen this idea of getting your body back on board, of listening deeply to your symptoms, of listening to the whispers so you don't have to hear the screams, and you're looking for one to one support or professional training, then reach out to us at health@functionalsynergy.com where we can customize your learning path. That's health@functionalsynergy.com. Looking forward to hearing from you.