

Ep. #353 - Merry Christmas: 14 Minute Body Scan



Full Episode Transcript

With your host:

Susi Hately

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

Introduction (00:00.00)

You are listening to From Pain To Possibility with Susi Hatelly. You'll 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 Hatelly.

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Welcome and welcome back. I'm so glad that you're here because today is a yoga nidra recording with a focus on your physical body that I'm designing just for you through this middle of the Christmas holiday bustling season. So whether you're looking to escape or simply to relax, welcome to this practice.

One of the ideas with this practice is to enable yourself to truly be comfortable. And when you're in this comfortable space, that's when settling, relaxing, and letting go can happen. So take a moment and scan through your head, neck, shoulders, pelvis, hips, legs. What else can you do to be five or ten percent more comfortable?

Maybe add a blanket, some props, or a pillow.

This is also a time to consider an intention for the practice, something you might have, do, or be. The amazing thing with setting an intention inside of a yoga nidra, where you'll be progressively relaxing and finding more ease, is that an intention in this state is not pushing. It's just registering. And the more open and relaxed you become, the more that that intention can be received.

So consider then your intention for this practice. Bring it together as a one sentence statement as if it's already happened, and notice how that resonates in your body as you say it to yourself.

And now say it three more times to yourself.

Now allow your attention to float through your body following the guidance of my voice. Imagine your attention fluidly moving from one point to the next, creating a stream of awareness flowing through your body.

As attention moves, your body remains in stillness. Welcome sensations just as they are without needing to change them or make anything different.

Starting with your mouth, feeling sensations within your mouth. The roof of your mouth. The back of your mouth. The tip of your tongue. The root of your tongue. The inner right cheek. Left cheek. Upper gums and teeth. Lower gums and teeth. The space between your upper and lower teeth. Your upper lip. Your lower lip. The space between your lips. The tip of your nose. Inside the right nostril. Inside the left nostril.

Right cheek. Left cheek. The softness of your cheeks. The right eye. Eyelid. Temple. Eyebrow. The space between your eyebrows. The left eye, eyelid, temple. Eyebrow. Sensations of both of your eyes.

Your ears. The right ear. The folds and valleys of the outer ear. The touch of air on the ear lobe. The ear canal. Deep inside the inner ear. Left ear. The folds and valleys, the outer ear. The touch of air on the ear lobe. The ear canal. Deep inside the inner ear.

The scalp and hair. The top of your head. The back of your head. The whole face and head along with your neck and throat.

The right collarbone. Upper arm. Elbow. Lower arm. Wrist. Center of the palm. Right thumb. Second finger, third finger, fourth, fifth. The space between the fingers and around the fingers. And back to your neck and throat.

Left collarbone. Upper arm. Elbow. Lower arm. Wrist. Center of the palm. Left thumb. Second finger. Third finger. Fourth. Fifth. The space between your fingers. The space around your fingers.

Your neck and throat. The front of your chest, ribs, navel. Lower belly. The pelvic bowl. The sensation in the entire pelvic bowl and torso. Sensing the fluid movement of breath in the whole of your torso.

Your right hip. Thigh. Knee. Lower leg. Your right foot. Your right big toe. Second toe. Third toe. Fourth. Fifth. The space between and around your toes.

Your left hip. Thigh. Knee. Lower leg. Left foot. Left big toe. Second toe. Third toe. Fourth, fifth. The space between your toes. The space around your toes.

Your whole body now. Right and left. Front and back. Below the feet and above the head. Feeling the whole of your body. Awareness throughout your whole body.

Now bring your intention from the start of this practice into consciousness. Say it to yourself three times.

Noticing how it's resonating in your body. Now, in a moment, my voice will trail off. You can be here for as long as you would like. When you are ready to move, take another breath. Nod in your head, moving your fingers and your toes, and slowly transition from where you are into the rest of your day.

Thank you for your practice, and we'll see you next week.

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Hey, if this has been interesting for you and you wanna work with other people to help them more deeply connect with their bodies, reduce and eliminate physical pain, we're now enrolling

the Therapeutic Yoga Intensive this April, and I would love to work with you. You can learn more over at **functionalsynergy.com/intensive**.