

One Person's Report

This individual had experienced recurring life challenges which were accentuated throughout a period of work related stress and family estrangement. This led to them feeling overwhelmed and lacking in motivation. At the time of offering this report, their situation had stabilised and felt manageable. They had started to use the guided body scan recording on a regular basis.

“For the first ten days it was like burden. I kept ‘wandering off’ and then I would worry about whether I was doing it right. I kept having flights of fancy.

After ten days I relaxed more, I stopped worrying if I was thinking about anything else. When I stopped worrying about it then I actually stopped the flights of fancy. If I did think of something else, I just picked him (the voice on the recording) up again once I’d stopped thinking about it. Gradually the flights of fancy reduced. I was happy to listen to him and then I started to get some value from it. I began to feel very relaxed, when he got to the bit about the neck it felt like someone was massaging my shoulders. I was able to breathe down into my toes.

It becomes more real the more that you try it. I began to look forward to it.

Soon I had developed it so that I could actually feel the breath going down to the base of my foot. Sometimes I didn’t feel anything but then I thought, ‘if there’s no feeling then I can be satisfied with the fact that there is no feeling’.

I tried too had to begin with. Eventually I just put it on and expected to go off into a realm of thoughts. I didn’t worry if concerns came in. Gradually the thirty minutes passed without me losing him and from then on, the next time was more effective.

It’s not something you can just do half a dozen times. It’s got to be a daily thing.

It sounds silly, but I found it useful in a snooker match I was playing. There were five of us in the team and the score was tied with me as the last one to play. So, everything depended on me. There was a blue and pink and black left to pot, so it could go either way. I felt very highly pressured and stressed, felt my heart beating and heard my team mates urging me on. And then I felt the breath going into my fingers and I relaxed and won. Those little thoughts themselves relaxed my arms.”

Stress :

A particular relationship between the person and their environment that is appraised by the person taxing or exceeding their resources and endangering their well being.

Richard Lazarus - Psychologist

Tips for the Body scan Practice

Regardless of what happens or how it feels - just stay with it
and carry on

If the mind wanders - simply note the thoughts as passing
events, regather and continue

Give up hopes of it going well, fears of it going badly. Move
beyond striving for anything

Be content with a gentle, regular and consistent practice

Practice with an open and curious mind

Let go of expectations - imagine the practice as a seed you
have planted. If you're forever checking and disturbing it, the
less likely it is to ripen and develop. Just give it the right
conditions, regular steady practice and leave it to evolve
naturally

Refrain from fighting unpleasant sensations or pursuing
pleasant ones. Be in the moment - accepting and being with
things as they are

*If your mind isn't clouded by unnecessary things
this is the best season of your life*

Jon Kabat-Zinn guides a 30-minute **Body Scan** meditation practice.



Online meditation resources from **Inhere**.

<https://inherestudio.com>

[https://soundcloud.com/inhere-studio?
mc_cid=7992ef6659&mc_eid=97fbd2f861](https://soundcloud.com/inhere-studio?mc_cid=7992ef6659&mc_eid=97fbd2f861)