EPONAQUEST INSTRUCTOR SCRIPT

Body Scan Explanation and Script (Skillbuilding exercise)

Revised and updated by Advanced Instructor Josselien Janssens, 14/6/2022

Sequence in coaching and facilitation instructions:

The body scan is the first experiential skill building tool that you will teach to clients. It forms the foundation for all other activities and is one element of learning to listen to inner guidance.

The body scan is a skill building exercise to expand our awareness of our inner guidance system. It helps us to make conscious behavioral choices in life, instead of being overtaken by survival behaviors.

This tool may be used on it's own, or as part of either reflective or Skillbuilding exercises. Therefore it it is not necessary to ask the specific skill building questions afterwards.

Materials:

Clients need a note book in which they can record their information. You may wish to provide the clients with a clipboard, a human figure drawing, and the option of colored pencils/pens. This helps some in recording the information in their bodies better.

Structure and Script:

The process of facilitating the body scan consists of the following steps:

1) (When it's the first time) Give the background explanation
2) Ask the client to stand with sufficient space around their body with their eyes closed
3) Guide them step by step from the top of their head to their toes through their body, mentioning an amount of detail that matches what is helpful or desirable for the specific client
4) Have them name the feelings and sensations in their body that need attention (take notes if this helps you)
5) Have them breathe into which of these most needs attention, give this feeling all the space it needs to be there, and ask it for information. (If necessary, make a note of the information for yourself as well)
6) After the information has been named: let the client check back to the feeling, to see if it has changed. If the feeling has changed or is gone, the body scan is finished.
7) If it has NOT changed, or has become stronger, have them breathe into the feeling again and ask it for another piece of information about what came out of the previous step and name it.
8) Then check again to see if the feeling has changed or disappeared. If it has not, repeat steps 7 and 8.

The below script for the Body Scan can be read to clients. This is a step by step body scan that really takes them into each part of their body with detailed attention. This script may be helpful if your client does this for the first time, and is getting used to feeling in their bodies. After practicing this several times, if the client appears to understand the tool, you may find you need to draw less attention to each detail of the body, and that you can guide them more globally through their body.

It is desirable in the long run to arrive at your own version of the explanation of this tool and your own style of facilitating it. **Make sure, however, that you always include the concepts highlighted in bold in your explanation.**

Background explanation to client:

You may give this explanation while the client still has their eyes open, or when they already have their eyes closed.

Our bodies contain a lot of information so it is important for you to make a deal with your body that you'll listen to it as it releases the information a little at a time. It's not helpful for the body to open the floodgates and overwhelm the mind. You may feel like you have a corral filled with a hundred wild horses bucking and racing around through a single body sensation, trying to break out all at once. A good horse trainer knows that it's important to open the gate carefully and let one horse out at a time. This means you can ask for ONE piece of information from one body sensation.

Whatever is happening in your body during the body scan: just notice the sensations that draw your attention – whether they feel pleasant or unpleasant - without trying to change anything you feel. Also do not judge sensations you are aware of, as either good or bad. Each sensation simply holds information. In order to get the information, we must be curious about each sensation without trying to suppress it, or relax out of it.

Be open to how your body may speak to you. The information may come as an image, a symbol, a color, a memory, a word, a cliché, a completely irrational phrase. The first thing that comes up, is the information. If you don't immediately understand what it means, that is not a problem – the purpose is not to "get a message" or analyse what your body says, but simply to allow the body to speak in it's own language and on it's own terms.

Note that any old injuries may flare up and draw your attention. If so don't ignore them. Even old injuries can contain new information.

Start Body Scan:

Speak in a clear, focused, yet relaxed voice, neither too fast, nor too slow and hypnotic. When doing a body scan individually you may ask the client to mention out loud any sensations that draw their attention.

1. Stand (or sit) with plenty of space around your body.

2. Close your eyes. Draw your awareness to the top of your head. Carefully note any sensations. You may feel the wind or sun. Notice if your head feels clear, or do you feel a bit dizzy? Do you have a headache?

3. Draw your awareness into your eyes. Are you eyelids heavy or relaxed? Are they fluttering? Do you see any colors or images behind your eyes?

4. Slide your awareness down into your nose. Notice the way the air moves through your nostrils. Are your nasal passages equally clear and open? Do you notice any sensations in your nose or any smells?

5. Draw your attention into your ears. Pay attention to the way your ears feel and the sounds you hear. Do you hear more clearly out of one ear than the other? Do you notice sounds differently when you pay attention?

6. Draw your awareness into your jaw. Do you notice any tension in your jaw? Are you more aware on one side than another? Are your upper and lower teeth touching or is there space between them? What is happening with your tongue?

7. Drop your attention into your throat and neck. Notice how your throat is feeling. Is anything specifically drawing your attention?

8. Then go to your shoulders. Are they relaxed, or do you have tension in your shoulders? Are both shoulders at the same level? Are they feeling the same?

9. Now, slide you awareness all the way down your spine. How is your spine: is it straight and aligned, or slumped? Are there any muscle tensions? Do you feel the bones? Do you feel energy running up or down your spine?

10. What are you feeling in the rest of your back?

11. Draw your awareness back up your spine and down your arms, noticing any sensations in your arms. Are both arms feeling the same or are their differences? How do your hands feel?

12. Drawing your awareness back up your arms, let it drop gently into the center of your chest. Can you feel your heartbeat? How is it beating?

13. And slide your awareness down into your solar plexus and stomach. Are there any sensations that call your attention? Drop your awareness into your lower abdomen and internal organs. There are many important organs in your belly. Are there any sensations?

14. Now, let your awareness slide all the way down your legs and notice where your attention is drawn. How are your hamstrings, knees and calves? Maybe your legs feel strong and well balanced: notice the quality of every sensation.

15. What do your feet feel like? How is the weight distributed across the heels and toes? How is it distributed between your both feet? How are your feet connecting with the ground? If they are not, please don't struggle to ground yourself at this time, rather notice where, and how, you seem to be floating.

16. Now that you have scanned through all of your body and noticed what is going on, please check which of the sensations is the most prominent, or which you feel most curious about. Breathe into that sensation, sending it oxygen and awareness. Give the sensation space. Let it expand for a moment so it can speak more clearly to you.

17. When you receive a piece of information open your eyes and record the information. *(Write this down for yourself, and give the client a moment to note body sensations and information in their note book or on the drawing.)*

18. Now that you have recorded the information, please close your eyes again, and notice if the sensation has changed. *(You may ask them if it has).*

19. If the sensation has changed, that is all your body needs to express right now. If the sensation is the same, or if it has become stronger, please breathe into it again, and ask it for another piece of information. *(You may remind them of the information that came out before. If necessary, repeat the last 3 steps until the sensation has changed.)*