

Thankful For Function Body Scan Focusing on the Face

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We are going to take a moment now to focus our attention on our face and give thanks for all that our faces allow us to do. It's normal for thoughts to wander so if that happens just notice it's happening and gently bring your attention back to the area we are focusing on. You might notice negative judgements or criticisms coming into your mind. That's also common. Likewise, if this happens simply observe the judgements and refocus your attention back on your body. Keep doing this throughout the exercise however many times your thoughts wander.

Now focus your attention on your face. Notice any sensations on your skin and any tension in your muscles (10 second pause).

Zoom your attention in on your nose. Bring your attention to the feeling and sensations in and around your nose (pause). Bring to mind with gratitude all that your nose allows you to do. Your nose allows you to breathe and to smell beautiful smells and can alert you to dangers such as something burning or food being off. Bring your attention to the feeling and sensations in and around your nose silently give God thanks for your nose (pause).

Now focus your attention in on your eyes. Bring your attention to the feeling and sensations in and around your eyes (pause). Bring to mind with gratitude all that your eyes allow you to do. Your eyes allow you to see colour and beauty and move around safely. Your eyes allow you to see and connect with the people you love. Bring your attention to the feeling and sensations in and around your eyes and silently give God thanks for your eyes (pause).

Next focus your attention on your mouth, your lips and your tongue. Bring your attention to the feeling and sensations in and around your mouth (pause). Bring to mind with gratitude all that your mouth allows you to do. Your mouth allows you to taste delicious foods, to breathe, to kiss loved ones and communicate with the world. Bring your attention to the feeling and sensations in and around mouth and silently give God thanks for your mouth (pause).

Now move your attention to your ears. Bring your attention to the feeling and sensations in and around your ears (pause). Bring to mind with gratitude all that your ears allow you to do. Your ears allow you to hear music and sounds and other people's voices. Your ears help you detect danger and keep you safe. Bring your attention to the feeling and sensations in and around your ears and silently give God thanks for your eyes (pause).

Next zoom your attention in on a part of your body that you judge negatively or dislike. Take a moment to connect and notice the physical sensations of this part (pause). Now consider how this part of your body has helped you or what it has allowed you to do. Bring your attention to the feeling and sensations in and around this part and silently give God thanks for your eyes (pause).

Finally take a moment to mentally scan your body from head to toe and notice any sensations as you move your attention downward (10 second pause). Silently express gratitude for your body (pause).

This is the end of our thankful for function body scan. When you are ready, please open your eyes.