**Meditation Techniques**

**Body Scan Meditation**

The Mayo Clinic ‘Body scan meditation is done by the following steps:

Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.’

**Breath meditation**

Begin sitting in a quiet and comfortable space where you will be uninterrupted. Close your eyes and begin focusing your attention on your breath, drawing each breath in, all the way down to the base of your belly, feeling your belly expand and feeling your belly withdraw, or release the oxygen on the exhale, and just focusing your attention on breathing in and out naturally, and deeply. Continue nice, deep, full breath cycles. As you do this, if any thoughts come into your mind as distractions, lovingly acknowledge them and release them. We do this by imagining that we’re putting the thought inside of a box and placing that box up on a shelf. We can come back after the meditation and take the box off the shelf and dive into that thought later. For now, we don’t want to get involved in any of these thoughts. Simply bring your attention or your focus back to your breath, allowing every part of your body and mind to become still, and continue this focused breathing for as long as you would like to stay in your meditation.

**Breath Into It Meditation (or the listening meditation)**

The Breath Into It Meditation allows us to connect with our inner landscape and listen for the powerful feedback that may arise.

Here are the steps, the breath into it or the listening meditation. The first step is that you are going to ask your client to set an intention to learn what is needed to resolve or release the ‘thing’, problem, or challenge that they are facing. What do we need to know first? The thing! Identifying this is simple, ‘Is there anything specifically that you are working on in your life right now? Any problems in your physical, mental, emotional, or spiritual systems or in the world around you?’. Just get clear about the thing before beginning. Or you if you have already taught the client this and are in a session later you could integrate this tool into the session by asking, ‘Would you like to try a breath into it meditation today to see if that would be helpful?’. Then set an intention to learn what is needed in order to release or resolve the thing. Guide them to sit and close their eyes, clear the mind, focus the attention on the breath, talk them into that state of relaxation.

Then set an intention to learn what is needed in order to release or resolve the thing. Guide them to sit and close their eyes, clear the mind, focus the attention on the breath, talk them into that state of relaxation. Then once you have talked them into that state of relaxation ask them to bring their awareness to the pain, injury, problem, negative emotion or whatever the thing is. Have them bring their awareness to it. Then have them send their breath to that, ‘Imagine literally that you breath in, as you exhale you are sending your breath to the thing’. Then listen and allow any lessons, feelings or experiences bubble up to the surface. This is a great place to remind them that anything they experience or don't experience consciously is perfectly fine. Invite the client to allow themselves to be with it, be present to it and listen. Then after a period of time in that state of listening and being present, talk them back slowly ‘into the room’ or out of the meditation. This can be done by saying, ‘Taking a deep breath to energize you, exhale deeply and open your eyes’. Ask the client what they got out of that experience and write it down for them.

Or if you are working with a client who gets a lot from processing externally and writing themselves ask them, ‘Would you prefer to write down your experience or would you prefer to talk it through with me?’. Give them options. If you are record what their experience was, again if you're writing it down, you are using their labels and definitions. Make sure you ask second- and third-layer questions such as, ‘Oh you mentioned peace, what is that experience like for you?’.