

Here's the practice

sit - aware of body - connection with earth Sensitive body-consciousness (Kaya Vinnana) suffuses feeling experience of body like oil permeates soft cotton cloth cloth

Be aware of warmth behind you - maybe eg trunk of a tree that you're sitting at the base of

The warmth comes forward into your chest

rest with it gently - feel gentle warmth in chest - in front, behind, each side.

let any tension , tightness, stress relax if possible - not to worry if it doesn't, let it be, let breath gently permeate the area. Actually - despite everything? - everything is ok - have a little gratitude, appreciation for that part of the body

Be aware of shoulders & arms & hands

For this area and each area that follows...

rest with it gently - feel gentle warmth -

let any tension , tightness, stress relax if possible - not to worry if it doesn't, let it be, let breath gently permeate the area. Actually - despite everything? - everything is ok - have a little gratitude, appreciation for that part of the body

Back to awareness of chest area

Aware of back of neck , up skull, back of head - top - front of face - eyes etc, senses , jaw all around and within head - ventricles brain...

Back to awareness of chest area

Solar plexus, stomach area, abdomen, pelvis all organs of digestion and reproduction

Back to awareness of chest area

Spine - coccyx to neck

Back to awareness of chest area

Hips, legs, feet, toes

Back to awareness of chest area

Whole body

allow any warmth feeling of everything is OK - All shall be well - to bubble up or flow up and around connecting with other beings - animals people etc.

Come back to awareness of own body - connection with earth, touch of clothing, air, know where you are -

Finish or go (quite quickly) through counting follow to touching then settling then return.