

HOW MINDFULNESS  
CAN CHANGE YOUR LIFE

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**PART 3**  
THE ART OF LIVING IN THE MOMENT

A close-up photograph of a hand in a meditative gesture, with the thumb and index finger touching to form a circle, and the other three fingers extended. The hand is positioned in the upper right quadrant of the frame. The background is a soft, out-of-focus sunset or sunrise, with warm yellow and orange tones. The overall mood is peaceful and contemplative.

# Body Scan Meditation



#DiscoverYourLight

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## PART 3



## BODY SCAN MEDITATION

1

Set aside a time in the day when you can sit comfortably and relaxed, and won't be disturbed. As little as three minutes and up to 30 minutes is fine.

2

Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.

3

Working up from your toes, bring awareness to each body part in turn: feet, ankles, calves, knees, etc. up to your head. Spend equal time on each.

### HEALTH BENEFITS

Reduced stress | Decreased muscle tension | Increased pain tolerance

### WHY IT WORKS TO REDUCE STRESS

Encourages self-awareness of sensations we might otherwise be ignoring.

### WHAT IS MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

## RESOURCES

[lighthousearabia.com/resources](https://lighthousearabia.com/resources)

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