

NADIA ISABEL

YOGA &
MEDITATION

Finding What Hurts- Written and shared, with love, by Nadia Isabel.

Come to lying down on your back with a pillow supporting the head and neck and one underneath the knees. Take a moment, with the eyes open, to absorb your surroundings. Keep the head and the neck still and notice where you are:

What can you see?

What can you hear?

What can you smell?

What can you feel?

And the feeling of your body connecting with the ground underneath you. When you are ready, gently close down the eyes and journey inwards...

Notice **how** you feel. In this meditation and in all meditations, there is room for everything: anxiety, sadness, stress, joy, fear, hope, nothingness, love... Just notice. See if you can identify where you feel this feeling physically in the body. In the heart, the chest, the head, the hips, the tummy? Just notice. Just feel. Try not to let the mind drift off into elaborations of this feeling. Simply just feel. Just notice.

Now begin to draw your awareness to your breathing. Feel the origin of the swell of breath beginning down in the tummy and rippling up through the ribcage and chest. The breath is washing over your whole body like a gentle wave of relaxation. Notice the belly rise and fall. Notice the rib cage opening and closing. Notice the chest gently expanding and softening. Let the breath breathe you. Almost as if you are watching the breath gently ripple through the body.

Inhale...exhale...inhale...exhale.

The air is cool and fresh and sharp as it enters the body and, soft and warm and heavy as you exhale.

Inhale...exhale...inhale...exhale.

With every exhale, let the body sink into the floor a little bit more. Imagining the ground beneath you is a marshmallow, and you are being cushioned and supported by this soft and safe ground. Notice the exhale, feel the body growing heavier, more relaxed, more soft.

There is a part of your body, right now, that is holding onto an emotional pain or tension that needs to be released and healed. This physical part, or space, in the body is holding you back in your ability to thrive right now. In a moment, we will begin a body scan to identify this area and gently work on releasing and letting go of this pain or gripping. As we begin to scan through the body, try not to overthink identifying the location of the emotional pain that is stored in physical form. You will notice that when we scan over the specific body part that needs healing, you will just know. You will feel it. Once you have located the area, you can still feel the body scan in the rest of the body. We will return to your area of need.

Begin to focus your attention on the feet. Notice what you can feel. Tune into the gentle tingling of the toes, the top of the feet, the arch of the foot. Notice if you feel an overwhelming or a subtle sense of lightness or heaviness in this area. Let your focus drift to the ankles, notice the sensation all around the ankle, notice if there is a strength or a weakness here. Let your awareness drift up your calves and through your shins. Is there something calling to you here? A lightness? A heaviness? Begin to move your focus to the thighs, the hamstrings, the quads. Let go of any preconceptions and notice if this area is the location of where you are holding on today. Now notice the hips, feel the hips. Become aware of all sensation in the hips. A warmth, a tightness? Is this area calling to you for healing? Now let your awareness spread over the tummy. Feel the breath. Feel all sensation in your core. Breathe

into this area. Now feel your attention on your heart space. Notice what you can notice. Feel what you can feel. A lightness? A heaviness? Is this the space that needs releasing and healing the most? Feel your arms, fingers, palms, forearms, elbows, upper arms, shoulders, neck, throat. Do any of these areas call to you? Now feel the head, the sensations in the face and the scalp. Feel muscles of the face. Feel the mind.
Inhale. Exhale.

Now you have carefully identified the area of the body that hurts, that needs healing, that is storing pain or emotion, we will start to let go, to free our body and mind from this pain.

Start to breathe deeply into this area. Only visualising the breath touching and nourishing this area of the body and nowhere else. Inhale...exhale...inhale...exhale. Give the breath a colour. Any colour. Nourish the body part with this colour. Visualise the colour spreading and glowing in this area of the body and nowhere else. Inhale...exhale...inhale...exhale.

If you can reach, without straining, gently place a hand or two hands on this area and continue to breathe as deeply as you can, with your glowing rich colour, into the area you are healing. Try not to let the mind wander, simply focus on breathing your healing colour into this area.

Inhale...exhale...inhale...exhale. If you feel the urge to move your body in any way to encourage it to release, trust your intuition and take any movement that feels right. You may simply just continue to lie still. Visualise the colour growing stronger and bolder in this area until you feel the colour start to shine powerfully from you. Don't worry if it takes a little time for the colour to grow stronger, trust and breathe.

With every inhale say the word 'let' in your mind. With every exhale say the word 'go'.

Let. Go.

Let. Go.

Let. Go.

Let. Go.

Now, in its own time, the colour will start to fade and so will the tension and struggle stored in this area. Watch and observe the fading colour and you breathe.

Now let go of the control of the breath and the thoughts in the mind and simply just be still.

Long pause

Take a deep breath. Bring your awareness back to your body and notice if you feel a shift, a change, a lightness in your chosen area. Don't worry if you don't, this shift sometimes takes time. Almost as if you had something in your eye and even when you've removed it, you can still feel it there. Know that you will feel something lift in the next few hours or days and you will notice it feels subtle yet powerful.

Gently blink the eyes open.