

Lama Aria Drolma

*Building a Strong Foundation: Four Guided Meditations*

Week 1: "Body Scan Meditation"

September 5, 2020



Hello and welcome to this Tricycle online Dharma Talk series. My name is Lama Aria Drolma, and over the next four weeks I'll be giving a four-part series of talks titled "Building a Strong Foundation: Four Guided Meditations."

I'm speaking to you today virtually from a monastery in upstate New York in the midst of the pandemic. We've been quarantined since March. I've been spending my time doing my meditation practice and I have found a profound sense of peace. Before I begin, let me take a few moments to introduce myself. I'm a meditation and a dharma teacher and I've been studying, practicing, and teaching Buddhism for over a decade now. I've completed a traditional Tibetan Buddhist three year retreat program, and I've been trained in the Kagyu and Shangpa lineages of Vajrayana Buddhism.

I am so grateful and happy to take part in the Dharma Talk series. It's a great platform where we can all come together and practice meditation. I truly believe that we are all interconnected and by doing meditation together, we help heal the collective for the greater good. The reason I have titled the series "Building a Strong Foundation" is because I genuinely believe in the importance of having a meditation practice and the benefits of meditation. Meditation is one of the best tools we have out there to develop a peaceful state of mind. When you have a peaceful state of mind, you have a joyful state of mind. When you have inner peace and joyfulness, you have more room for the love, kindness, and compassion that the world needs today.

This week I'll lead a guided body scan meditation to relax the body and mind. Learning to fully relax your body and mind is the focus of this meditation. The instructions are very simple. So before we begin, take your time to feel comfortable. You can sit on a chair or a cushion, or if you prefer to lie on a rug or a mat, that's fine as well. Wherever you choose to do this just make sure that the chair or mat supports you completely. There is no right way or wrong way to do this. Do whatever feels right to you.

To start, first, we will take three deep breaths. Inhale deeply and watch your breath go all the way to your abdomen. As you exhale, breathe out with a huge sigh and let go of all your tension. We will do this three times. So first, inhale deeply and watch the breath go all the way to your abdomen. As you exhale, just breathe out with a big sigh letting off all your tension like so. [Breath.] Second breath, and third breath.

Now please breathe normally and we will start with a body scan meditation. Check your posture. If you're sitting, keep your spine straight, your back straight. If you're lying down, just be

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comfortable. You can keep your eyes open or closed, whatever suits you. Remember to breathe normally.

Now, gently bring your awareness to the top of your head. Inhale and exhale. As you exhale, relax the whole top of your head and just let go and rest in that present moment of awareness. [Pause.] Now gently bring your awareness to your forehead. Inhale and exhale. As you breathe out, relax your whole forehead area and let go of any tension you feel there. Just rest in that present moment of awareness. [Pause.] Gently bring your awareness to your eyes, cheeks, lips, and jaws. Inhale and exhale. As you exhale, relax your cheeks, your eyes, your lips, and jaws. Let go of all the tension you feel around your jaws. Just relax and rest in that present moment of awareness.

Now gently bring your awareness to your neck, to the front and back of your neck. Inhale and exhale. As you breathe out, relax your whole neck area and release any tension or stress you feel around there. Just let go and rest in that present moment of awareness. [Pause.] Now gently bring your awareness to your shoulders. Inhale and exhale. As you exhale, just drop your shoulders slightly. Relax your shoulders. As you breathe out, just feel all the tension melt away around your shoulders. Just let go and rest in that present moment of awareness. [Pause.] Now gently bring your awareness to your arms all the way from your shoulders to your fingertips. Inhale and exhale. And as you exhale, relax your whole arm all the way to your fingertips and just let go and rest in that present moment of awareness. [Pause.] Now gently bring your awareness to your chest, the whole chest area. Inhale and exhale. And as you breathe out, relax your whole chest area. Just let go and rest in that present moment of awareness.

Now gently bring your awareness to your whole abdomen. Breathe normally. Inhale and exhale. As you exhale, relax your whole abdomen and just let go of all your tension around there and rest in that present moment of awareness. [Pause.] Now gently bring your awareness back down where your body is in contact with the cushion. Feel your body grounded. Sit up straight. Breathe normally. Inhale and exhale. And just relax. And just let go and rest in that present moment of awareness.

Now gently bring your awareness to your whole leg, your thighs, your knees, your calf, your feet, and toes. Breathe normally; inhale and exhale, and as you breathe out, relax your whole leg, your thighs, knees, calves, feet, and toes. And just let go and rest in that present moment of awareness.

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Now gently bring your awareness to your whole body. You are perfect as you are. You are uniquely beautiful. Inhale and exhale. And as you exhale, relax your whole body and just let go of all the tension you feel and rest in that present moment of awareness.

Wonderful. Now we will take another three deep breaths to finish the body scan meditation. In the first breath take the breath in deeply all the way to the abdomen. And as you exhale, let your breath go off at a huge sigh like so [sigh.] Letting go of all your attention, and the second breath [sigh] and the third breath [sigh.]

So this is a good way to relax your whole body and mind. Thank you for joining me for this week's Dharma Talk series. I hope you'll join me next week. The topic of the next video is guided tranquility meditation with the power of your breath. Be safe, be well. Thank you again.