

**Transcript of Guided Body Scan Meditation  
for People with Autoimmune Disease  
by Eileen Laird**

Let's start with a slow, deep breath, if that's comfortable for you. And if it's not comfortable, just take a soft, relaxed breath in whatever way feels natural.

And then let's begin by drawing our attention to our feet. The soles of our feet. The tips of our toes. The tops of our feet. And then each side of our ankles. From there, guide your attention up your legs. Your calves and shins. Your knees. Your thighs. Your hips and your behind. And then guide your attention around your abdomen that houses all of our digestive organs and a huge part of our immune system. And then guide your attention to your rib cage, that expands with every breath, and protects our lungs and our liver, and our heart that beats constantly without any effort on our part. And the spleen and kidneys and adrenal glands in the back.

And then bring your attention to your chest. And then your underarms, which have a lot of lymph nodes that help keep us healthy. And then guide your attention down your arms. The soft inside of your arms. And then the outer part of your arms. Down your wrists and into your hands. Send your attention to the palms of your hands. And then each individual fingertip. Now guide your attention up your back. Your lower back muscles, your mid back, the muscles between your shoulder blades and across the top of your shoulders, all the way up the sides of your neck and into your head.

And now send your attention to your spine. Beginning with the sacrum. And going up each vertebrae. All the way up your back. Up your neck to the base of your skull. Bring your attention to your scalp. And the bones underneath. Bring your attention to your ears that are listening to this meditation. Your eyes that might be closed. On your next inhale, notice the breath go in your nose and down your throat into your lungs. Then exhale through your mouth. And then draw your attention to your mouth, which includes the tongue and the palate and the teeth and the lips. All of the pieces that help us to eat and speak. Now bring your attention to the skin of your face and the muscles underneath. You may notice there's tension somewhere. It might be your temples or your forehead. Go ahead and see if you can relax that area just a little bit.

If you notice during this meditation, there was a part of your body that was uncomfortable in any way, I want you to send your attention there now. Try to tune in to that area. I'm going to do a little pain management technique with you. So the first thing is to try and notice the quality of the pain. Is it a dull ache? Is it sharp like a needle or a knife? Does it feel hot or cold? And is it a constant, steady pain or does it have a rhythm where it pulses and then there's a break between those pulses? Sometimes in meditations like this, just giving our attention to an area of the body that's hurting, sometimes it's enough for that pain to diminish. Not always, but sometimes. Next, let's send some love to that part of our body. I think it's really common when we're hurting to send anger to that part of our body that's hurting instead. Sometimes what helps me when a part of me is hurting is to think of it like a little child that needs my love and tenderness. So if you have pain somewhere in your body right now, send your love to that part of your body.

And now send your attention to a part of your body where there is no pain. I think this can be so incredibly helpful because, again, the parts of our body that are hurting do tend to get our attention, whether directly or whether we try and ignore them and they're running in the background. And we tend to take for granted every part of our body where there is no pain and where everything is working well. By choosing a part of our body that's comfortable, a couple of things happen. We get reminded that we are not in pain everywhere, that there are places within us that are not hurting, and that's incredibly soothing and freeing to realize. And it can also be a place of respite from the pain. So let's send love to that part of our body, and gratitude for the health it gives us and the comfort it can give us.

And then let's finish with a wave of gratitude from the top of our head, all the way through our body to the soles of our feet, for all of the ways our body is functioning that we don't often think about. Let's begin with our brain at the very top of our head. It's like a conductor of life within our bodies. It's literally managing trillions of processes every second. It's pretty amazing. So thank you to our brain. Next. Let's thank all of our senses and the joy that they give us. It's possible that you might have impairment in one or more of your senses. But very few people have impairment in all of them. So let's send gratitude for every sense that we have that makes our life more vibrant every day. And then let's thank our organs and all the ways they keep us healthy and alive. Let's thank our bones for their structure, our muscles for their movement, and our skin for its protection. Let's also thank our immune system, because even with autoimmune disease, our body is trying to help us. In fact, our immune system is overprotective. It's trying to keep us safe and unintentionally sometimes trying to eliminate things that are not a problem at all. And so sometimes just sending some love to the immune system can help calm a stress response and give us a little bit of internal balance. And then finally, let's thank our microbiome, that symphony of life that lives within us.

Let's finish with one more slow, relaxed breath.

Thank you so much for sharing this meditation with me. I hope you feel more at home with your body in this moment. And more loving towards yourself in this moment.

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