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With Compliments from
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Welcome to Lesson 7 in this 7-part e-course, **Finding Center**.

Here's today's exercise: [One Minute Body Scan](#) *

Begin by bringing your awareness to your toes. Then, move on to your arches, heels and ankles. Continue upward to your calves, knees, thighs, groin, buttocks and hips. Notice parts that feel tense, as well as those that feel relaxed. Keep going, and keep breathing, as you feel the presence of your stomach, lower back, chest, upper back, shoulders, neck, arms, hands and fingers. Conclude by sensing your mouth, nose, cheeks, eyes, ears, forehead, and scalp.

Welcome back! What did you notice?

It's possible that some uncomfortable thoughts and/or feelings may have surfaced during today's exercise. If so, here's a link (mp3--about 13 minutes long) to a guided Focusing exercise you might find helpful, entitled [Saying Hello to Something](#).

I hope you have enjoyed this brief e-course. I'd love to receive your feedback. For example, did you notice any surprises or disappointments? Any insights or questions that arose? Did you perhaps find one or more of the exercises something you've been able to incorporate into your daily schedule?

As always, you can easily reach me, either by [email](#) or by phone: (517) 484-3127.

me

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* Adapted from Cushnir, R. (2005). *How Now. 100 ways to celebrate the present moment*. San Francisco: Chronicle Books.]