Body Scan at Home

The sequence in eight lines, plus what to do when nothing happens.

The sequence

Lie down. Let the floor hold your weight. No correcting the posture.
Feet, then ankles, then calves — felt, not moved.
Hips and belly. Chest, and one fuller breath.
Shoulders, jaw, the space between the eyebrows.
Come back slowly, sitting up before standing.

When nothing happens

Nothing happening is a result. You are training attention, not manufacturing sensations.
If you fall asleep in the afternoon, you were tired. Try the morning instead of deciding the practice does not work.

After

Sit up. Name three things you can hear without opening your eyes.
Write one line in a notebook. One line is enough for a year of practice.

Meditation note, Body Scan for the Newly Free.