***The MBCT Body Scan
Katherine Tong***

The MBCT body scan
Seldom happens as I plan
In a span of thirty-eight
I scan for only maybe eight

With Helen’s voice a mindful gift
In and out of sleep I drift
Despite efforts to stay alert
A force on me sleep does exert

For it might be the first time that day
My worries finally dropped away
All my thoughts now put aside
As I lay down and close my eyes

Although there are ten toes on me
I rarely notice more than three
I want to solve this mystery
Of what’s beyond the periphery

That’s why it’s in my self-care plan
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