

*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  
The MBCT body scan