

~60 minutes

Namaste, everyone.

Today, we embark on a beautiful journey of awakening self-compassion, learning to embrace ourselves with kindness and understanding. Self-compassion allows us to acknowledge our struggles and shortcomings without judgment, fostering a deeper connection with ourselves.

(pause)

Let's begin by finding a comfortable position, either seated or lying down. Allow your body to settle, feeling supported by the ground or your chair.

(pause)

When you're ready, gently close your eyes.

(pause)

Take a deep breath in through your nose, filling your lungs completely... and exhale slowly through your mouth, releasing any tension or distractions.

(pause)

Let's take a few more deep breaths together. Inhale deeply... and exhale, letting go of anything that does not serve you in this moment.

(pause)

One more time: inhale... and exhale.

(pause)

Now, allow your breath to return to its natural rhythm.

(pause)

Bring your awareness to the present moment.

(pause)

Notice the sensation of your body against the ground or chair.

(pause)

Feel the weight of your body supported, allowing you to relax deeper into this moment.

(pause)

Now, let's bring our focus to our heart center.

(pause)

Visualize a gentle, warm light glowing softly in your heart space.

(pause)

With each inhale, imagine this light growing brighter and more vibrant... and with each exhale, release any self-criticism or harsh judgments you might be holding onto.

(pause)

Continue this for a moment, breathing into your heart space.

Inhale deeply, feeling the warmth expand... and exhale, letting go of negativity.

(pause) (Repeat for 3-4 minutes)

(pause)

Now, let's reflect on self-compassion.

(pause)

Think of a time when you were hard on yourself.

(pause)

Allow the memory to surface without judgment.

(pause)

What thoughts or emotions arose during that time?

(pause)

Recognize that it's okay to struggle and that we all experience difficult moments.

(pause)

As you breathe, invite in the understanding that self-compassion is a way to honor our experiences and embrace ourselves with kindness.

(pause)

Take a moment to repeat silently: “I am worthy of love and kindness.”

(pause)

Feel this affirmation resonating in your heart space.

(pause)

Now, let’s begin a visualization.

(pause)

Imagine yourself standing at the edge of a serene lake, surrounded by the beauty of nature.

(pause)

This lake represents the calm and peace that self-compassion can bring to our lives.

(pause)

As you gaze at the still waters, notice how they reflect the sky above, the trees surrounding you, and your own image.

(pause)

With your next inhale, visualize stepping closer to the water’s edge.

(pause)

Feel the gentle breeze on your skin and the warmth of the sun shining down on you.

(pause)

As you stand there, let the lake mirror your feelings and emotions.

(pause)

If there are any negative thoughts or self-judgments, imagine them being reflected in the water.

(pause)

With each breath, feel a sense of release as you acknowledge these feelings without judgment.

(pause)

Inhale deeply, embracing your humanity... and exhale, letting go of any harsh self-criticism.

(pause)

Let's spend a few moments in this visualization, allowing the serenity of the lake to wash over you.

(pause) (Spend 5-7 minutes in silence)

(pause)

Now, let's take a moment to cultivate self-compassion.

(pause)

Place your hands gently over your heart.

(pause)

As you do this, imagine sending love and kindness to yourself.

(pause)

With each inhale, visualize the warmth of your heart growing... and with each exhale, feel that warmth radiating outwards.

(pause)

Begin to whisper kind affirmations to yourself.

(pause)

You might say: "I am enough."

(pause)

"I deserve kindness."

(pause)

"I am learning and growing."

(pause)

Continue to send these affirmations to your heart, allowing the warmth to envelop you.

(pause) (Spend 5-7 minutes in silence, focusing on self-affirmations)

(pause)

Now, let's expand our awareness beyond ourselves.

(pause)

Think of someone in your life who may be struggling or who needs compassion.

(pause)

Visualize this person standing before you.

(pause)

With each inhale, send them love and compassion.

(pause)

As you exhale, wish them kindness and understanding.

(pause)

Imagine the light from your heart expanding to envelop them in warmth and love.

(pause)

Let's take a few moments to send compassion to them.

(pause) (Spend 5-7 minutes visualizing sending compassion)

(pause)

Now, let's turn our attention back to ourselves.

(pause)

As you continue to breathe, remember that self-compassion is a practice.

(pause)

It's not about being perfect, but about embracing all parts of ourselves with kindness.

(pause)

Let's take a moment to reflect on what it means to be compassionate towards ourselves.

(pause)

Think about how you can integrate this practice into your daily life.

(pause)

What small steps can you take to show yourself kindness?

(pause)

With each inhale, invite self-compassion into your life... and with each exhale, release the notion of perfection.

(pause)

Now, let's sit in silence for a few moments, reflecting on these questions and allowing ourselves to embrace kindness.

(pause) (Spend 5-7 minutes in silence)

(pause)

As we begin to wrap up this meditation, gently bring your awareness back to your breath.

(pause)

Notice the rise and fall of your chest as you breathe.

(pause)

Feel the support of the ground beneath you and the space around you.

(pause)

When you feel ready, gently wiggle your fingers and toes, bringing movement back into your body.

(pause)

Take your time, and when you're ready, open your eyes.

(pause)

Welcome back, everyone.

As we finish this practice, let the essence of self-compassion linger within you.

Take a moment to acknowledge the beauty of embracing yourself fully, with all your strengths and imperfections.

Trust that this kindness will guide you as you move through your day, inviting a deeper understanding and acceptance of yourself.

Namaste.