

~45 minutes

Namaste, everyone.

In today's meditation, we will focus on cultivating self-love and compassion. This practice will help you embrace yourself fully, recognizing your worth and allowing love to flow freely within.

To begin, find a comfortable position. You may choose to sit cross-legged on a cushion or in a chair with your feet flat on the floor. You can also lie down if that feels better for you.

(pause)

Once you're settled, gently close your eyes.

(pause)

Take a deep breath in through your nose, filling your lungs completely... and exhale slowly through your mouth, letting go of any tension.

(pause)

Let's take a few more deep breaths together. Inhale deeply... and exhale, releasing any stress or distractions.

(pause)

Again, inhale... filling your body with fresh air... and exhale, inviting relaxation into your being.

(pause)

One last time: deep breath in... and long breath out.

(pause)

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

(pause)

Feel the ground beneath you, supporting your body.

(pause)

Take a moment to connect with the present moment, feeling the sensations in your body and the air around you.

(pause)

Now, let's bring our awareness to the heart center.

(pause)

Imagine a warm, glowing light radiating from your heart space, a beautiful shade of pink or gold.

(pause)

With each inhale, visualize this light growing brighter, filling your chest with warmth and love.

(pause)

With each exhale, let go of any self-doubt or negativity you may be holding onto.

(pause)

Continue this process for a few moments, breathing into your heart space.

Inhale deeply, feeling the warmth expand... and exhale, releasing anything that no longer serves you.

(pause) (Repeat for 3-4 minutes)

(pause)

Now, let's invite in the feeling of self-love.

(pause)

Visualize yourself standing in front of a mirror, looking at your reflection.

(pause)

As you gaze at yourself, say silently or out loud, "I love you."

(pause)

Allow this statement to resonate within you.

(pause)

Notice any feelings or thoughts that arise.

(pause)

If you feel discomfort, acknowledge it without judgment.

(pause)

Continue repeating, “I love you,” allowing it to penetrate your heart.

(pause)

Now, let’s take a moment to reflect on what self-love means to you.

(pause)

Consider what it feels like to love yourself unconditionally.

(pause)

Visualize any past moments when you felt love for yourself—times when you celebrated your achievements, embraced your uniqueness, or offered yourself kindness.

(pause)

Let those moments fill your heart with warmth.

(pause)

With your next breath, let’s focus on gratitude.

(pause)

Think of three things you appreciate about yourself.

(pause)

They can be qualities, talents, or experiences that make you who you are.

(pause)

Allow these thoughts to fill you with joy and pride.

(pause)

Let’s take a moment to breathe into this feeling of gratitude.

Inhale, inviting in appreciation... and exhale, releasing any negativity.

(pause) (Repeat for 3-4 minutes)

(pause)

Now, let's bring in a loving-kindness mantra to deepen our self-love practice.

(pause)

We'll repeat the following phrases three times, silently or aloud:

- 1. "May I be happy."**
- 2. "May I be healthy."**
- 3. "May I be safe."**
- 4. "May I live with ease."**

(pause)

Take a moment to feel the warmth of these wishes as you send them to yourself.

(pause)

Let's repeat these phrases together:

"May I be happy... may I be healthy... may I be safe... may I live with ease."

(pause)

Again: "May I be happy... may I be healthy... may I be safe... may I live with ease."

(pause)

And one last time: "May I be happy... may I be healthy... may I be safe... may I live with ease."

(pause)

Allow the energy of these words to fill your heart and soul.

(pause)

Now, let's expand this loving energy to others.

(pause)

Think of someone you care about deeply—a friend, family member, or loved one.

(pause)

Visualize them standing in front of you, and send them the same loving-kindness wishes.

(pause)

Repeat silently or aloud:

- 1. “May you be happy.”**
- 2. “May you be healthy.”**
- 3. “May you be safe.”**
- 4. “May you live with ease.”**

(pause)

Let’s repeat these phrases together for this person:

“May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Again: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

And one last time: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Feel the warmth of this love extending outward.

(pause)

Now, let’s broaden this circle of compassion.

(pause)

Think of a neutral person in your life—someone you see regularly but don’t know well.

(pause)

Send them the same loving-kindness wishes.

(pause)

Repeat silently or aloud:

“May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Again: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

And one last time: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Now, let’s expand this loving energy even further.

(pause)

Think of someone you may find challenging or have conflicts with.

(pause)

Visualize them in front of you and send them the same wishes.

(pause)

Repeat silently or aloud:

“May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Again: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

And one last time: “May you be happy... may you be healthy... may you be safe... may you live with ease.”

(pause)

Feel the weight of any judgments or negativity begin to lift.

(pause)

Now, let’s take a moment to return to ourselves.

(pause)

Visualize the loving energy radiating from your heart, enveloping your entire being.

(pause)

Feel this warmth wrapping around you like a comforting blanket.

(pause)

As we conclude this practice, let's return to our breath.

(pause)

Take a deep breath in, filling your lungs with love... and exhale slowly, releasing any remaining tension.

(pause)

Allow yourself to simply be in this moment.

(pause)

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

(pause)

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

(pause)

Welcome back, everyone.

Carry this sense of self-love and compassion with you throughout your day.

Namaste.