Cultivating Self-Care and Extending It Out

GUIDED MEDITATION SCRIPT

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to:

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

In today's practice, we will be cultivating self-care and self-compassion and then offering it out to others.

To begin, find a comfortable place to sit, settling into your sitting bones and closing your eyes when you are ready.
(Pause)

Let your posture be relaxed though alert, and then ground your attention for a few moments in the flow of your breath.
(Pause)

Each breath is like an anchor that helps you to reconnect with this present moment.
(Longer pause)

If you notice any habitual contraction in the body, such as in the forehead, the shoulders, or the jaw, relax this holding pattern gently – and then return to the breath.
(Longer pause)

Feel this breath now as if it is nurturing your heart. Without force, see if the heart can open itself to being nourished by the breath.
(Longer pause)

Now bring a hand to your heart, letting your palm rest with care upon it. Notice the way it rises and falls with each breath.
(Pause)

Cultivating Self-Care and Extending It Out

GUIDED MEDITATION SCRIPT

Let the touch of your palm to your chest be tender so that you can feel the care your hand offers.
(Pause)

In return, feel your palm filling with the compassion of your heart. The offering of care goes back and forth, back and forth – into the palm and out of the palm.
(Longer pause)

Stay here for another few breaths.
(Longer pause)

Notice now if there is any other part of your body that needs this caring touch. If so, gently move your palm to that place. Your hand can also stay right where it is if you prefer.
(Pause)

Feel the energy of self-care expanding, either still within your heart or to another part of your body.
(Longer pause)

Continue to breathe naturally while offering yourself a few compassionate prayers:

May I take care of myself.
(Pause)

May I speak to myself with compassion.
(Pause)

May I be filled with peace.
(Longer pause)

If there are any other words of care you need to hear at this moment, offer these to yourself as well.
(Longer pause)

Now, feeling how loving and nurturing this is for you, take a moment to extend this care to another. Bring to mind someone in your life who could use this loving energy.
(Longer pause)

Once you have this person in mind, offer them the same prayers of compassion.

May you take care of yourself.
(Pause)

Cultivating Self-Care and Extending It Out

GUIDED MEDITATION SCRIPT

May you speak to yourself with compassion.
(Pause)

May you be filled with peace.
(Longer pause)

Rest here for another few breaths.
(Longer pause)

Gently release the image of this person from your mind now... and then call to mind all of humanity.
(Longer pause)

Silently repeating:

May we take care of ourselves.
(Pause)

May we speak to ourselves with compassion.
(Pause)

May we be filled with peace.
(Longer pause)

Rest here for a few more breaths.
(Longer pause)

Gently release all internal images now and then settle back into your own heart. You might let a hand rest here once again or you can sit comfortably with your hands in your lap.
(Pause)

Take three long, clearing breaths now, coming back into your body.
(Longer pause)

Continue to breathe naturally and steadily, and when you are ready, you can slowly open your eyes to come back.