

# Intention of Self-Compassion

## 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



Many of us have a tendency towards perfectionism.

Even in meditation, we try to “get it right”. We might be hard on ourselves for not having the experience or reaching the outcome that we think we should be having.

Something to remember when it comes to meditation is this: far more important than outcome is our intention. Having the intention to be present with what is, and with what we are experiencing in the moment, is how we unlock the ease to be discovered in meditation.

We will always get distracted. We will always have days when it's much harder to not fall asleep. We will also have days when it's very difficult to be kind to ourselves. That's why intention is so important in self-compassion meditation. Even when self-kindness does not come naturally or easily, our intention provides us with a foundation.

This practice can be used on its own or as an introductory meditation to another self-compassion meditation or exercise.

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So, if you can, sit upright with a long back, comfortably in a chair or on the floor. Lying down is perfectly okay too if this feels like what your body needs.

If it feels right, close your eyes for this practice. If it doesn't, you can allow your gaze to be soft with a downward focus.

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Take a long, slow, deep breath in through your nose... and allow your body to release an exhale through your mouth.

One more time, and with the exhale, see if you can notice anywhere in your body where you might be contracting... and allow those places to melt as feels comfortable and safe.

One more deep breath, as if you were breathing into your heart, your stomach and all the way to your legs... and then release as you exhale.

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Now, gently place your right hand on your heart, and your left hand on your belly.

And imagine: what would it feel like right now if I were to hold myself with a little more compassion?

Notice your body's response.

There is no "right" way of experiencing this. Just explore what it's like to open up a little bit more to self-compassion.

[pause]

And then explore: What would it feel like in your body to receive kindness right now?

[pause]

And then: What would receiving compassion sound like?

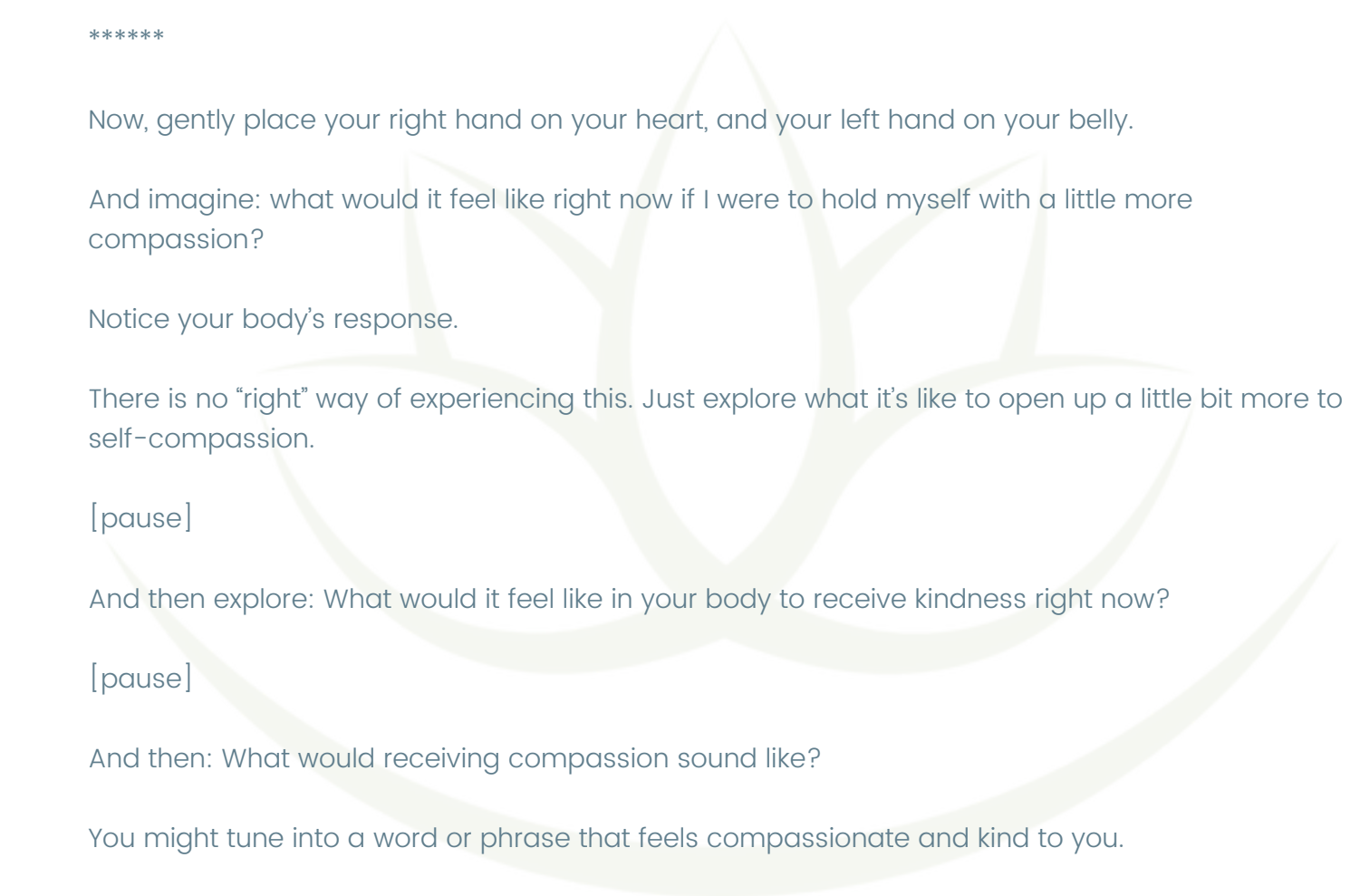
You might tune into a word or phrase that feels compassionate and kind to you.

[pause]

If nothing is arising just yet or if self-compassion feels difficult to access, this is okay. This is just warming up to the idea.

[pause]

To strengthen your intention for being here, you might repeat the following phrases silently or out loud:



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“May I be kind to myself.”

[pause]

“May I be gentle with myself.”

[pause]

“May I be at ease.”

[pause]

“May I be compassionate to myself.”

[longer pause]

And then, still with your hands on your heart and belly, consider: what would the experience of compassion feel like as a sensation? Would it be an experience of warmth?

[pause]

A softening?

[pause]

A stroking of your cheek?

[pause]

A hug from a loved one or spiritual guide?

[pause]

See if you can allow your body to explore the physical experience of compassion, and what it would feel like to receive this care.

[longer pause]

If you like, you can experiment with these sensations yourself. You can try wrapping your arms around your body and giving yourself a hug...

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You can stroke your cheek, your arm or your feet...

Or you might imagine kindness flowing in with every breath you take.

[1-2 minute pause]

Notice if there's been an opening within you to self-compassion today – however small or large that opening might be.

If it doesn't feel like you've made much progress towards feeling a sense of self-compassion, that's okay.

This can be a very challenging mental exercise for some of us, especially those of us who have experienced trauma early in life.

But in any case, just by being here, you have planted the intention in heart and mind.

The more you come back to this intention, the more you will notice changes arising in your ability to harness self-compassion when you need it.

For now, take a few clearing breaths.

[pause]

Thank yourself for this short, intentional practice...

And then slowly open your eyes when you feel ready. Come back to this practice any time you wish to explore what it feels like to open even just a little bit more to self-compassion.

