

Breathing 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



Hello and welcome to this guided meditation that combines awareness of the breath with compassion for the self. In this practice, we will use the breath as a tool to support the cultivation of self-love.

To begin, settle into a seated position. Elongate your spine and relax your shoulders, closing your eyes when you are ready.

(Pause)

Ground your attention into the surface beneath you, whether that is a chair, the floor, or something else, and notice that you are supported.

(Pause)

Sense the energy of the space supporting you. Notice the energy or presence of the surface holding you as well as that of the air surrounding you.

(Pause)

Then take a few long, clearing breaths in any way that feels comfortable for you. Invite your thoughts to soften with each out-breath.

(Longer pause)

Continue to notice the natural flow of your breath for a few moments of silence. Allow the breath to flow at its own depth and pace.

(Longer pause)

Each breath we take supports the body, so each breath is like an act of love.

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So I invite you to breathe with this awareness, letting each breath be an offering of love to your body. (Pause)

As you inhale, feel a sense of love, compassion, and kindness growing inside of you. (Pause)

And let each exhale help to soften your thinking mind and any tension you might be holding. (Longer pause)

Each breath fills you with love, which awakens the energy of self-compassion. (Longer pause)

As you continue to breathe now, you might repeat:

I love myself with each breath that I take. (Pause)

I love myself with each breath that I take. (Pause)

I love myself with each breath that I take. (Longer pause)

Continue to sense into the energy of compassion that fills you. It fills you from the inside and from the outside. (Longer pause)

Stay here for a little while longer – and if you notice your mind wanders away, just return to the flow of your loving breath. (Longer pause ~1-2 minutes)

I love myself with each breath that I take. (Pause)

I love myself with each breath that I take. (Pause)

I love myself with each breath that I take. (Longer pause)

Sense into this loving breath for a few final moments now. (Longer pause ~1 minute)

Release any words from your mind now and, breathing naturally, sense into the surface supporting you. (Pause)

Reconnect with your physical body by welcoming some light movement. You might gently wiggle your fingers or your toes. (Pause)

And whenever you are ready, you can slowly open your eyes, letting loving breaths continue to support you throughout the day.

