

Self-Compassion Pause

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



Let's take a moment to pause – to tune into our experience with presence, curiosity, and self-compassion.

I invite you to begin by coming to a comfortable seated position, elongating your spine, and letting your shoulders and arms rest comfortably. Your hands may rest on your thighs or in your lap.

3 sec

Then take a moment to connect with the surface beneath you to help yourself ground into this practice.

6 sec

Once you feel grounded, turn your attention towards your breath, and let a few cleansing breaths move through you.

12 sec

Continue to breathe naturally, and then take a moment to connect with your heart by bringing a palm to rest on this part of your body.

8 sec

As you breathe, feel your hand rising and falling as your chest expands and softens. See if you can connect with this part of yourself with loving, tender presence, as if you were sending yourself care through the palm of your hand.

8 sec

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Whatever you are going through in this moment, know that your experience is entirely human. Every emotion, every experience, everything that we go through is part of our humanity. Take a moment to honor your human experience with care, warmth, and curiosity.

10 sec

Now imagine that someone you love was going through what you are going through now. Whatever you might be struggling with in your life, consider that someone you love has or will go through something very similar.

4 sec

With this in mind, what words of support, love, and care would you offer to this person? How would you show them your compassion?

10 sec

And then offer those words of support, love, and care to yourself in this moment.

15 sec

If this is challenging at this time or if you cannot find the words to say, consider repeating the following words of loving-kindness:

May I be patient and compassionate with myself. 5 sec

May I speak to myself with kindness. 5 sec

May I honor my experience as being fundamentally human. 5 sec

May I love myself unconditionally. 10 sec

Spend just a few more moments here. Offer yourself any other words of support that you may need to hear right now.

15 sec

When you are ready, come back to the natural flow of your breath.

8 sec

And then reconnect with the seat or surface beneath you.

8 sec

In your own time, you can slowly open your eyes. May you carry this self-compassion with you throughout your day.