

Reflecting on 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



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In this exercise,
I'm going to teach some mindfulness practices
For increasing a sense of self-compassion
To help you on your path
Of healing
And re-integration of body, heart, and mind.

Self-compassion is an essential feeling
And skill to cultivate
As it helps us to manage
The pain, hardship and suffering
Of living in This complex, uncertain, changing,
and sometimes aggressive world.

Life can be hard,
Self-compassion allows us to be with our suffering,
Not to hide from it.
We're able to stay engaged with how we actually feel,
And to care for ourselves
When things are difficult,
Or when we don't feel care from others.

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Meditation: Reflecting on Self-Compassion

Self-compassion is rooted in love for ourselves,
For knowing how beautiful we really are,
And how much we care about
Our well being, and long term happiness.

Building self-compassion can be done in a variety of ways.

Practicing mindfulness,
The art of being with and opening to your actual experience, in the present moment,
Without judgment,
Will strengthen your ability to be with your feelings
And emotions
During hardship.

Bringing awareness to your physical sensations
Emotions
And thoughts
Will help defuse any negative energy,
Making room for more spaciousness, perspective, and calm.
It will also give you practice withholding harsh judgment about your experience,
Softening the inner critic that so often just fuels anger, sadness, fear, and stress.

In addition to bringing mindfulness
To your actual experience without judgment,
there are also other ways to help cultivate self-compassion.

When you experience a time of struggle,
Ask yourself how would you feel toward a dear friend or loved one
Who was experiencing similar things...
You'd probably feel sympathetic and caring,
and wish that your friend did not suffer,
no matter how subtly.
Can you feel this way toward yourself?

It can also help to say or think compassionate well-wishes to yourself,
such as
May I feel better.
May this pain pass.

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Meditation: Reflecting on Self-Compassion

This well-wishing is integral to compassion.
It's not the same as empathy,
It's also wishing for the alleviation of the suffering.
So, depending on the situation,
You could be specific about your own unique suffering,
Repeating well-wishes like:
"May I find work soon"
or
"I will be loved again"
or
"I hope this chemotherapy goes well."

So, with that in mind,
Let's do a guided mindfulness practice together
Focused on building self-compassion,
For when things feel very difficult.

....

Keep returning to these feelings of self-compassion,
not letting yourself get hijacked by upsets or pain.

Embody this experience by placing a hand on your heart or cheek,
or by patting your arm gently
as you would that of a friend in need.

Open to self-compassion
and let it fill you.
Help it last and become more intense.
Notice any resistance to self-compassion
and try to make room in your heart for it.

Feel self-compassion sinking into you,
becoming a part of you,
a resource inside wherever you go.

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Meditation: Reflecting on Self-Compassion

Sense inside a growing warmth
toward yourself and a sweetness, caring,
and strength on your own behalf.
As self-compassion sifts down into you,
see if you can feel a growing ease and peace in your relationships.

Excellent, well done.

So, to recap:

Self-compassion allows us to be with our suffering,
Not to hide from it.
We're able to stay engaged with how we actually feel,
And to care for ourselves
When things are difficult.

Practicing mindfulness,
The art of being with and opening to your actual experience, in the present moment,
Without judgment,
Will strengthen your ability to be with your feelings
And emotions
During hardship.

Ask yourself how would you feel toward a dear friend or loved one
Who was experiencing similar things...
Can you feel this way toward yourself?

Thank you for your courage to bring self-compassion
To yourself
When things get tough.

And thank you for your mindfulness practice!

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TEACHING POINTS:

1. Self-compassion allows us to be with our suffering,
Not to hide from it.
We're able to stay engaged with how we actually feel,
And to care for ourselves
When things are difficult.

2. Practicing mindfulness,
The art of being with and opening to your actual experience, in the present moment,
Without judgment,
Will strengthen your ability to be with your feelings
And emotions
During hardship.

3. Ask yourself how would you feel toward a dear friend or loved one
Who was experiencing similar things...
Can you feel this way toward yourself?

