

## 14. Self-Compassion Meditation

Settling in...

Letting awareness descend into the body, right down to the ground, feeling the entire body, all the sensations.

Letting your body at ease if you're lying down, total softening, total relaxation. If you're sitting, just relaxing every muscle you can that's not need to maintain your posture. All others at rest.

All the muscles of the face, soft and relaxed, the eyes, soft and relaxed the body still.

Even while lying down, we're still adopting a posture of openness and awakesness.

Now...Nourishing Breath

Bring awareness to Breathing – sensing into the nourishment of the inbreath... or maybe another more specific need (to feel safe, to be at ease, to find clarity, to feel loved), bringing that in on the inbreath...

Now...Giving and Receiving

Now, bring someone to mind who is struggling. Direct outbreath to this person...offering this person the ease of breathing out...sending something good to this person.

Something good. Warmth, kindness as you exhale..

Clearly visualizing this person, sending something good with each exhalation..

Settle into this for a few moments...

In for yourself, and out for the other person, feeling your breath

"in for me, and out for you..."

Savoring the breath, the blessing of breathing...feeling the nourishment of your inbreath or whatever you need (love, warmth) and then also feeling the goodness of breathing out and giving that same thing for the other..."one for me, one for you.."

Leaning into self-compassion

You can choose to breathe more in for you if you want, a few breaths for you, and then out for the other person or the other way around, whatever feels best to you.

You can also send your outbreath to a group of people, or to all people, feeling the in-breath for you, and feel the out-breath for the other

Breathing in...for ourselves, breathing out for others.

If your mind wanders... if to a busy place, focusing on the exhale, releasing...if to tiredness, focusing on the inhalation to bring energy and focus, then back...one for me, one for you..

Finally, settling into what's here...just as you are...