

SELF COMPASSION MEDITATION

wholeness takes practice



Loving Kindness Meditation

by Sharon Salzberg

Silently repeat this to yourself in your own language.

May I be safe and protected

May I be physically and mentally well

May my heart be open

May I be at peace.

Repeat the above invitations for an amount of time that you can commit to each day. Once you engage in deeply loving yourself and wishing yourself well, repeat these invitations for others, including friends, family and even those you may not be fond of. Staying with these invitations for myself was particularly healing. I know that practicing this regularly will create the basis of peace working within first so that radiating it out to others will be more authentic, thus more powerful.

Self Compassion Practice

Be Still: Spend a few moments in a meditation that helps you center and become mindful and relaxed.

Meditate on love and deep joy: Visualize a person whose image brings you a deep sense of love. Whose presence bring you joy.

Linger: Notice your body sensations that come from this visualization. Is there a lightness or an energizing sensation? Scan your body for what it feels like to deepen into love and joy for another person.

As you visualize the other that you love, turn the image into an image of yourself, as if you are looking in the mirror:

Notice your body sensations. Have they shifted? Can you bring up the image of the other person and turn to an image of yourself and stay with the loving and grateful sensation?

Reconcile and Resolve

Notice how this experience informs longings you might have. How did you experience searching for an image of someone that brings you joy, gratitude, and unconditional love? Did you struggle to see an image of yourself? Was it difficult for you to maintain the bodily sensation of love and joy? What might this experience suggest for your ability to receive love and grace from Sacred Mystery? Were you able to sense a gratitude for and connect with the deep joy and love you bring to Sacred Mystery?