



Self-Compassion



Settle into your chair or cushion with spine straight and hands folded on your lap, following your breath for a few moments.

Feel the stress and anxiety you just processed with the What Am I Afraid Of exercise. Feel the emotional distress in your body. Tell yourself, "This is emotional pain. It is a form of suffering." Acknowledge that every human being suffers now and then.

Now, bring to mind someone close to you whom you love. Let your heart open to this person. Become aware of their struggles and fears that you are familiar with. Feel your heart open to them with compassion and the wish for healing as you inwardly recite the following:

May you always be held in compassion.

May the illusions and distortions that fear project disappear from your mind.

May your problem be resolved.

May your heart be at peace.

Now imagine that this loved one is returning compassion to you, acknowledging the fear and struggle you carry. Imagine they say to you with tenderness the same words:

May you always be held in compassion.

May the illusions and distortions that fear project disappear from your mind.

May your problem be resolved.

May your heart be at peace.

Allow their compassionate wishes to touch you and open your heart wider. Now, direct the same compassion to yourself.

May I always be held in compassion.

May the illusions and distortions that fear project disappear from my mind.

May my problem be resolved.

May my heart be at peace.