

Self-Compassion Practice



This practice will help you send loving energy and compassion throughout your body to areas where you are experiencing pain, discomfort or emotional distress.

1. Sit in a comfortable position with your feet on the floor. Or you may lie down on your back if you prefer.
2. Close your eyes and place one hand over your heart.
3. Take two long, slow deep breaths as you allow your body to become more relaxed.
4. On the next inhale, imagine that you are breathing in a ray of pure, white light through the top of your head and down into your heart, underneath the resting place of your hand.
5. As you exhale, feel the warmth under your hand as that light energy begins to expand within your heart.
6. After 4 cycles of this breathing in of pure light, begin to imagine that with each exhalation this light of compassion is radiating from your heart to the area of your body where you feel pain.
7. See the light surrounding your pain with soothing, calming energy.
8. Now continue to breathe in the light of love and imagine that you are releasing your pain with each exhalation.
9. Gradually return to normal breathing when you feel ready to end the practice.