COMPASSION

MEDITATION
SCRIPT

Take a few moments to settle into the space you are in. Begin by taking some deep breaths, inhaling, and exhaling with awareness.

Allow yourself to feel each breath as it moves through your body.

As you continue to breathe, bring your attention within and notice any sensations in your body or emotions that may arise during this practice. Let these sensations be without judgment or attachment.

Now, place your hands on your heart and bring to mind a person or situation where you feel compassion for another or for yourself.

Picture this moment in vivid detail: the sights, sounds, and emotions associated with it.

Take a few moments here to connect deeply with the feeling of caring and love that arises from within you.

Next, silently offer words of kindness and care to yourself or the other person.

Speak gently but firmly as if you were speaking directly to them: "I am here for you," "You are loved," "May you find peace."

Feel the warmth of compassion flowing through your body as you speak these words, and take time to absorb any feelings that come up.

Once you've spoken these words, bring your attention back to the breath and take a few moments to observe any subtle shifts in your body or emotions. Let go of any thoughts that arise during this practice and instead be present with whatever sensations come up.

Finally, imagine your intention for love and compassion radiating out from within you and into the world around you. Allow that feeling of caring to expand outward, reaching those near and far until it has completely filled the space around you.

Take a few moments here to sit in stillness, basking in the warmth of self-love and care. When you're ready, slowly open your eyes and notice any changes in how your body feels or any shifts in your outlook on life.

Thank yourself for this moment of compassionate self-care and be sure to come back anytime for a reminder of just how much healing can come from simply taking some time for loving-kindness.

You can now open your eyes, feeling refreshed and at peace.

Namaste.