

DEEPER MEDITATION

Meditation

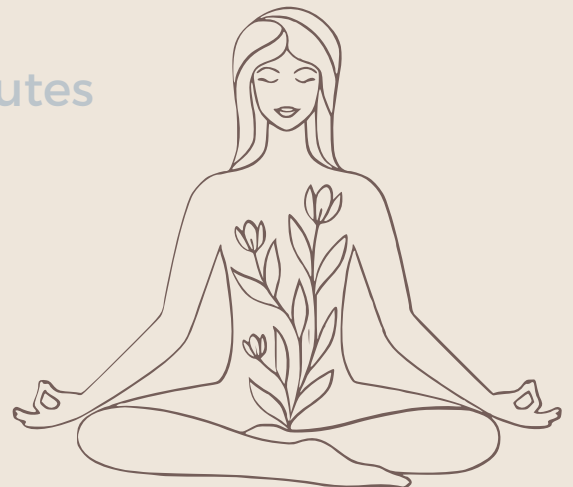




Embracing Self-Love

Welcome to this guided meditation for self-love. Find a comfortable position where you can fully relax, either sitting or lying down. Gently close your eyes and take a deep breath in through your nose, filling your lungs completely. Hold the breath for a moment, and then slowly exhale through your mouth. Let any tension or stress melt away with each breath out. Let's begin.

Duration: 10-15 minutes





Centering

- Take another deep breath in, and as you exhale, allow your body to become heavier, sinking into the support beneath you. Feel the surface beneath you, supporting you completely. With each breath, let go of any tension or tightness in your body.

Visualizing Self-Love

- Imagine a warm, radiant light above your head. This light is the essence of self-love and acceptance. Visualize this light gently descending, enveloping you in its soft, comforting glow. As the light touches your skin, feel it infusing you with warmth and positivity. It's like a loving embrace that tells you, 'You are worthy. You are loved.'

Affirmations

- As you bask in this light, repeat the following affirmations silently or aloud:
 - 'I am deserving of love and happiness.'
 - 'I embrace and accept myself fully.'
 - 'I release all doubts and embrace my worthiness.'

Releasing Negative Emotions

- Imagine any negative emotions or past wounds as dark clouds within you. With each breath in, draw in the loving light that is surrounding you. As you exhale, visualize these dark clouds dissipating, replaced by the radiant light of self-love. Feel the weight of past emotional baggage lifting, replaced by a sense of peace and acceptance.





Self-Love Visualization

- Picture yourself standing before a mirror. See yourself as you truly are—beautiful, deserving, and full of potential. Look into your own eyes with compassion and say, 'I love you. I accept you just as you are.' Allow these words to resonate deeply within you, reaffirming your sense of self-love.

Take a few more deep breaths, feeling the self-love and acceptance filling every part of your being. When you're ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, and slowly open your eyes, carrying this sense of self-love with you throughout your day.



2 Healing Past Wounds

Welcome to this guided meditation for healing past wounds. Begin by finding a comfortable position, either seated or lying down. Gently close your eyes and take a deep breath in through your nose. Hold for a moment, and then exhale slowly through your mouth. Allow your body to begin relaxing with each breath out.

Duration: 10-15 minutes





Grounding

- Visualize roots extending from the base of your spine into the earth, anchoring you firmly and securely. Feel the grounding energy of the earth supporting you. With each breath, imagine drawing up healing energy from the earth through these roots, filling your body with a sense of stability and safety.

Visualizing Past Wounds

- Bring to mind a past emotional wound or hurt that you wish to heal. Visualize this wound as a small, dark, and heavy stone inside you. Acknowledge its presence without judgment. Know that it is okay to feel this way.

Healing Light:

- Imagine a soft, healing light above you. This light is pure and gentle, infused with love and compassion. Visualize this light descending and surrounding the dark stone. As the light touches the stone, feel it beginning to dissolve, transforming from darkness into a warm, glowing essence.

Releasing and Forgiving

- As the stone dissolves, allow yourself to let go of any associated pain, anger, or sadness. Repeat silently or aloud:
 - 'I forgive myself and others for the past.'
 - 'I release all hurt and embrace healing.'
 - 'I am free from the burdens of past wounds.'





Embracing Healing

- Feel the warmth of the healing light filling the space where the dark stone once was. Let this warmth spread throughout your body, bringing comfort and renewal. Imagine yourself surrounded by a protective cocoon of light that nurtures and supports your journey of healing.

Take a few deep breaths, feeling lighter and more at ease. When you're ready, slowly bring your awareness back to the present moment. Gently open your eyes, carrying with you the sense of healing and renewal.



3 Nurturing Self- Compassion

Welcome to this guided meditation for nurturing self-compassion. Find a comfortable position where you can relax fully. Close your eyes and take a deep, soothing breath in through your nose. Hold it briefly, and then exhale slowly through your mouth. Allow your body to settle and relax with each breath out.

Duration: 10-15 minutes





Connecting with Self

- Place your hand over your heart and feel its gentle rhythm. This is the heartbeat of your true self, full of love and compassion. As you breathe, connect with this heartbeat and feel a sense of connection and tenderness toward yourself.

Self- Compassion Visualization

- Imagine a gentle, warm light enveloping your entire being. This light represents your innate compassion and kindness. Visualize this light wrapping around you like a comforting hug, filling you with a profound sense of love and understanding.

Affirmations for Self- Compassion

- Repeat the following affirmations silently or aloud, allowing each one to resonate deeply within you:
 - 'I am kind and gentle with myself.'
 - 'I honor my feelings and embrace my imperfections.'
 - 'I am deserving of love and compassion.'





Embracing Yourself

- Visualize yourself in a safe, peaceful place where you feel completely at ease. Imagine yourself being surrounded by friends or loved ones who are offering you unconditional support and understanding. Feel their warmth and encouragement, and allow it to reinforce your own sense of self-compassion.

Gentle Release

- If you are holding any self-critical thoughts or judgments, picture them as small, dark clouds. See these clouds being gently lifted and carried away by a soft breeze, leaving behind a clear, serene sky. Embrace the space left by these clouds with your nurturing light.

Take a few more deep breaths, savoring the feelings of self-compassion and inner peace. When you feel ready, gently bring your awareness back to the present moment. Open your eyes, carrying this sense of nurturing love and kindness with you throughout your day.

