



MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 11 Resources: Reading

Self-Compassion Mastery: A 20-Minute Guided Meditation

Introduction

Welcome to the MindfulLiving™ program. Today, we will embark on a guided meditation journey to cultivate self-compassion for ourselves and others. The Merriam-Webster dictionary defines compassion as a "sympathetic consciousness of other's distress together with a desire to alleviate it." The Dalai Lama beautifully articulates its importance: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Let's take this wisdom to heart as we connect inward and develop this vital quality.



**Self-compassion is about
being gentle with
ourselves, acknowledging
our struggles without
judgment, and
recognising that
imperfection is part of
being human.**



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Finding Comfort

Begin by making yourself comfortable. Close your eyes and take a moment to check in with your body. What do you feel at this moment? Be objective and notice. There's no need for judgment—there's no good or bad, right or wrong. Just observe how you are showing up today.

❖ Reflection Prompt:

Ask yourself: What do I need today? What brings me to this meditation?

Connecting with Breath

Now, gently bring your attention to your breath. Notice how your body breathes without any effort on your part. Allow this natural rhythm to connect you to the present moment. There's no need to change anything—experience your breath. Feel the life within your inhale and the gentle expansion that follows. With each breath, direct loving kindness toward yourself.

❖ **Inhale:** Appreciate the sensation of fullness and abundance.

❖ **Exhale:** Surrender to gravity and let go. You are safe in this moment.

Allow yourself to relax deeply and be open to any feelings that may arise as you turn inward.

Body Awareness

Slowly scan your body, sensing the quality of your energy and physical state. Approach this exploration with curiosity. Focus your attention on your heart area, where the power of love and compassion resides. When this energy is blocked, we may feel isolated, but when it flows freely, we feel connected to everyone around us.

Visualisation:

Visualise the energy from your heart flowing effortlessly through your body like a river. Allow this movement to calm you, creating balance and peace within.

Cultivating Compassion

Now that you are at peace and connected to your heart's energy, bring the idea of compassion to mind. Feel this quality in your heart. If your mind wanders, gently guide your focus back to the feelings of compassion and love.

Recognise the commonalities that unite us all as humans. We all need food, shelter, and a sense of safety. We crave love and desire happiness. We are all interconnected through the energy of the universe.

❖ Reflection Prompt:

Reflect on your love for yourself and those you care about. Remember that everyone is doing their best with the tools they have at the moment. It's easy to judge others for their choices, but they, too, are navigating their challenges.

Affirmations of Compassion

Hold space for love and compassion in your heart. You may choose to repeat these phrases to yourself or offer the feelings of love and compassion to yourself and others:

- ❖ Just like me, everyone is seeking happiness.
- ❖ May we all find the happiness we are seeking.
- ❖ Just like me, everyone is protecting themselves from suffering.
- ❖ May we all be brave and strong enough to make space for our suffering.
- ❖ Just like me, everyone has known sadness.
- ❖ May we all experience love and joy to balance the sadness.
- ❖ Just like me, everyone is doing the best they can.
- ❖ May we all offer compassion to ourselves and others.
- ❖ May we all accept compassion from ourselves and others.

Take a moment to stay with this sense of compassion. Hold it in your heart.

Bringing It to the Surface

Now, gently activate the muscles in your face and around your eyes, creating an intentional, joyful smile. Feel the warmth of this smile wash over your face. Notice how this simple act can transform your feelings. Invite this sense of compassion and joy to spread throughout your entire body.

When you are ready, slowly open your eyes. Throughout your day, continue to practice self-compassion for yourself and others. Compassion improves the world, one compassionate heart at a time.

Conclusion

Thank you for sharing this meditation practice with me. I hope you have a wonderful day filled with self-compassion. I would love to hear how you practice self-compassion in your life or how a gesture of compassion was offered to you. Feel free to share in the comments below.

Disclaimer:

While this meditation is designed to support your journey toward self-compassion, it does not substitute professional guidance or therapy when needed.

Thank you!
Shery Clein, MindfulLiving™ Coach
Nurturing Awareness Intelligence



MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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