

This is a guided meditation practice from Buddhism Guide called Befriending Yourself.

Sit comfortably with your back straight and gently close your eyes.

I want you to breathe in really deeply through your nose, pause and then breathe all the air out through your mouth. I want you to image you are breathing in positivity and breathing out negativity.

*Let's begin – breathe in deeply – pause – breathe all the air out – pause
(do this three times)*

Now breathe normally. Keeping your awareness on the breathe and making sure your breath is slow and natural.

(pause for 30 seconds)

Now I want you to bring your awareness to your breath as it flows into your nose and then back out again.....Just become aware of the air entering and leaving your nose.

(pause for 30 seconds)

Now think of a time when you were disappointed with yourself.....maybe you made a mistake....became sick.....said something you regretted afterwards...got angry with a loved one...

Get in contact with any tension.....stress.....emotions you maybe feeling.....feel any discomfort in your body

(pause for 30 seconds)

Silently repeat these following affirmations.... 'This is just a moment of suffering'.....'This is just a moment of suffering'....

(pause for 30 seconds)

'Suffering is a part of life'.....'suffering is a part of life'

(pause for 30 seconds)

'Everyone suffers like this'.....'Everyone suffers like this'.....

(pause for 30 seconds)

'I am not alone in my suffering'.....'I am not alone in my suffering'.....

(pause 30 seconds)

'May I learn to accept the way I am feeling'.....'May I learn to accept the way I am feeling'.....

(pause 30 seconds)

'May I have compassion for myself'....'May I have compassion for myself'....

(pause 30 seconds)

'May I be safe....strong....healthy.....and happy'....

'May I be safe....strong....healthy.....and happy'....

(pause 30 seconds)

'I am my own best friend....I care for myself.....I have compassion for myself.....'

'I am my own best friend....I care for myself.....I have compassion for myself.....'

(pause 30 seconds)

Feel the warmth of compassion all over your body.....sit with this feeling of compassion in your heart.....

(pause 30 seconds)

In a moment, when you hear the sound of the bell, start to slowly open your eyes and gently introduce yourself back into the world.