

Five-Minute Self-Compassion Meditations



Simple Self-Love Meditation to Nourish Your Heart and Soul

Being critical of ourselves, having a lot of negative self-talk, is unfortunately all too common. A powerful antidote to this is by practicing love and kindness to ourselves.

Research has shown that just spending a few moments each day practicing a self-love meditation such as the one below not only makes you happier, more creative and more energetic, but it also opens your heart to others. By taking care of yourself, you'll learn to live a happier life, which others will take note of and start to possibly improve on theirs as well.

Guided Meditation Script



Find a comfortable position to sit or lie down.

Begin by slowly and gently inhaling through the nose, and out through the mouth.

Again, inhale through the nose and out through the mouth. Feel your body relax.

Now, place both hands over your heart and close your eyes.

Continue breathing in through your nose and out through your mouth.

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With each exhalation, imagine you are releasing all your stress and tension.

In this relaxed state, become aware of your mind and body.

Notice where your body is holding onto any tension.

Notice what thoughts and feelings are coming up right now.

Don't pass any judgement on what comes up, just view everything as a compassionate observer.

No matter what you're thinking and feeling, no matter what comes up, know that it is okay to allow it to be there.

Continue now to focus on your breath. On your next inhale, think "I am worthy of love."

And on the exhale think, "I love who I am."

Again, inhale, "I am worthy of love."

Now exhale, "I love who I am."

With each inhale visualize yourself drawing in this healing self-love energy, and on the exhale letting go of everything that is no longer serving you.

Again, inhale, "I am worthy of love."

Now exhale, "I love who I am."

One more time, "I am worthy of love."

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And exhale, “I love who I am.”

Just let it all go now, easily and effortlessly.

Sit for a minute, and notice how you feel as you say these words to yourself.

Know that whatever thoughts and feelings come up as you repeat your mantras are completely okay.

Now visualize the light body version of you standing in front of you.

This version is the highest part of yourself, your soul, filled with pure love and divine wisdom.

See this version of yourself clearly in front of you now, smiling, and sending you so much love and compassion.

Visualize yourself embracing this divine part of you, and feel the brilliant love and healing that comes from being together with this aspect of yourself.

Tell yourself, “I love you, thank you.”

This part of you is always with you, loving you at every moment. See yourself merging with this divine, love and light filled part of yourself and becoming one with this amazing energy.

Let this love permeate your entire being, filling your heart and then to your whole body.

Take a moment to enjoy this feeling, and know that love is always available for you whenever you need it.

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When you're ready, take a few more deep, slow breaths and softly open your eyes.

Sit for a few moments to acknowledge the powerful experience you had during this meditation, and appreciate the time you took to take care of yourself today.