

Writing Meditation

Guided Meditation

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Take a few deep, slow breaths and settle in. Make sure you're comfortable. Use a pen or pencil and paper for these exercises – we use a different part of our brain when we write by hand vs typing. It's important to explore imperfectionism here, so let "mistakes" be there, and don't worry about style, grammar or sentence structure. This is about not editing!

Most importantly, don't stop. Try to use stream of consciousness. Just fill a page and then, if you have time, fill up another.

ANSWER THE FOLLOWING QUESTIONS.

1. What would it feel like to unconditionally love all of yourself, including that/those part/s of yourself you tend to criticize?
2. Imagine the love from a pet or person who loves all of you, no matter how you show up, no matter how ugly or angry you are. What does it feel like in your body? What colors does it have? What sensations arise?
3. What are you feeling right now or today that you have telling yourself you shouldn't feel?
4. What are one of the things that make you "not normal"? What do you feel when you focus on that thing?
5. Who gave you compassion when you least deserved it? What did it feel like in your body to receive it? What would it feel like to have it for an hour every day?

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6. Think of a time when you were bursting with love. What did it feel like in your body? Where did you feel it? Use physical sensations, light, color, music, smell, touch, emotion.

7. What are the negative beliefs and messages you find yourself constantly returning to in your daily life? That you're not enough... too much... too (fill in the blank)?

That you're failing, that you're not going to make it?

Jot them down, stream of consciousness style, not editing yourself.

Now, look through those messages and see if you can come up with some opposites that resonate for you. Research shows that these messages can work better in the second person (i.e. "you") than the first ("I".) Examples might be:

- I am enough / you are enough
- I'm doing the best I can / You're doing the best you can
- "Forgiven."
- I love you
- You're amazing
- You're trying your best

Write down whatever springs to mind as a message you'd want or need to hear. Say them all silently to yourself. Note any that ring an "internal gong" in your body. Repeat those a few times, silently, and notice how it feels.

