

# Self-Compassion Meditation Script

Here is the self-compassion meditation script:

As I continue on my journey through life, I am becoming an evolved human being. There is a beautiful person within me wanting to emerge. May I allow this wonderful person to shine through, and see him/her each time I look into the mirror.

## What I Deserve

I am aware that I deserve unconditional love and compassion. May I be loving, kind, and compassionate toward myself. May I be happy and joyful. May I be peaceful and free from mental, emotional, and physical suffering. May I live long, and have healthy loving relationships.

## Forgiving Myself

I am aware that as a human being, I am fallible, and so are the other people in my life. May I be forgiving of my own mistakes, as well as those of others. May I see my mistakes as opportunities to learn and grow. May I be patient and understanding.

## Caring for My Body

As I develop compassion for myself, I will take good care of my body. May I learn which foods and nutrients nourish my body and mind, and lead to optimal health, performance, and longevity. May I have the strength to make healthy choices in my diet in order to realize good health.

I will rejoice in my successes, and will not feel guilt, shame, or remorse over minor lapses.

May I incorporate sufficient physical activity into my daily routine to promote physical, mental, and emotional well-being. May I be mindful of substances such as alcohol, tobacco, unnecessary medications, and other substances that are obstacles to my personal growth, and have the strength and courage to let them go.

## Caring for My Mind

I am aware that a peaceful mind is the key to good mental and emotional health. May I develop that peaceful mind through meditation and living mindfully in the present moment. May I cultivate a quiet and peaceful environment, so it allows my mind to calm down naturally.

May I be aware of the great wisdom that is within me and allow it to emerge through a peaceful mind. May I learn to cherish peace and quiet.

## Caring for My Emotions

I am aware that there is a reason for each of my emotions. May I have the inner strength to look at the sources of my painful emotions, so I can transform and be free of them. May I have the inner strength to not depend on pleasure and emotions as my sources of happiness, but rather on a peaceful mind.

May I always remember that I deserve love and compassion from myself. Just as other people are deserving of peace, love, and happiness, so am I. May I be courageous in dealing with difficulties, and always meet with success. May I be diligent and committed to my personal development. May my True Nature shine through, and onto all beings I encounter.