

# Self-Compassion Writing Meditation

This writing meditation will help you develop compassion for yourself for greater health and longevity. It does this by reprogramming your subconscious mind so you begin living a healthier lifestyle without any conscious effort. It will give you the inner strength to make healthier choices in different areas of your life.

## Instructions

Simply copy the following verses by hand in a notebook or journal, every day for about 10-15 minutes. Any time of the day is fine, and you don't need a quiet environment. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day, then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

## Self-Compassion Meditation

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.

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### **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 not feel guilt, shame, or remorse over any 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 mindfulness 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.

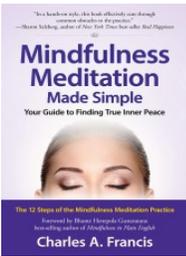
May I be aware of the great wisdom that is within me, and allow it to emerge through a peaceful mind. May I learn to cherish peace and quiet.

### **Caring for My Emotions**

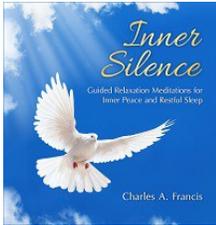
I am aware that there is a reason for each of my emotions. May I have the inner strength to look at the sources of my painful emotions, so I can transform and be free of them. May I have the inner strength to not depend on pleasure and emotions as my sources of happiness, but rather on a peaceful mind.

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.

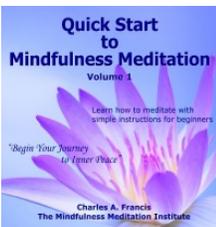
## Recommended Resources



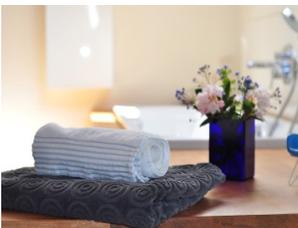
**Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace (paperback).** Learn how to transform your life and relationships through mindfulness meditation. Through clear and simple instructions and exercises, you'll gain a solid foundation of this time-tested ancient practice, and get the results you want. Available now on [Amazon.com](http://Amazon.com).



**Inner Silence: Guided Relaxation Meditations for Inner Peace and Restful Sleep (audio CD).** Having trouble with stress, or sleeping at night? Then you'll love the peaceful meditations of *Inner Silence*. They'll gently guide you into a state of deep relaxation, so you can overcome stress and anxiety. They also will help you sleep better at night. Available on [Amazon.com](http://Amazon.com).



**Quick Start to Mindfulness Meditation (audio CD).** This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear basic instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available on [Amazon.com](http://Amazon.com).



**Mindfulness for Busy People online course.** Want to learn mindfulness, but short on time? You can now learn the practice from the leisure of your own home or on the go. The course is designed specifically for beginners with busy lifestyles and without a lot of time to sit in meditation. Free preview at <http://dld.bz/hcZra>.



**FREE Online Mindfulness Meditation Meeting.** Need help with your meditation practice? Come join us for an evening of peace, fellowship, and great discussion. In this member led group, you'll learn about mindfulness meditation and how to practice mindful living. Learn more at <https://mindfulnessmeditationinstitute.org/current-events/#meeting>.

All resources available at [MindfulnessMeditationInstitute.org](http://MindfulnessMeditationInstitute.org)

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