

Guided Imagery: Compassion for Yourself

Make yourself comfortable in your chosen space ... closing or softly focussing your eyes ... and get in touch with your breathing ... cool on the inbreath, warm on the outbreath ... allowing all thoughts to drift away, just focussing on your breathing ...

Now I invite you to think back to someone you love or loved with all your heart. ... This may be a person or a beloved pet or even a favourite toy ... Feel the warmth of that love ... Feel it flowing out of your heart center to that person, pet or toy ... Spend a few moments just feeling your love flowing out to your beloved ...

Now think of yourself ... and send this same loving energy to yourself ... Feel love flowing into your heart ... allowing this loving energy to fill your whole self - wishing yourself well ... unattached to any outcome ... sending loving energy to yourself ... bathing yourself with this loving energy, filling each cell in your body with love ... overflowing with love ... knowing you are worthy of love ... feeling loved ... feeling lovable ... Take a few moments to do this ...

Now take three deep breaths ... gently come back to the zoom room ... becoming aware of your body ... moving your hands and feet a bit ... and open your eyes when you're ready ...