

Guided Meditation

"Gifts of Compassion"

In this meditation, we will pretend we are shop owners. It's a very special shop, as you will soon see. For now, gently close your eyes and start focusing your attention on your breath.

Breathe in and breathe out. Slowly and again. Inhale slowly and release a big breath out through your nose.

As you breathe, imagine releasing any worries you may have. Notice how your body feels. Just enjoy the feeling of letting go.

Now, as you continue to breathe normally, imagine yourself standing behind a counter at a very special store. This is a gift shop of compassion, and you are the owner.

It's a special gift shop, not like most you have seen. This one isn't filled with physical things. Instead, you'll find compassionate qualities you can share with yourself and others like acceptance, love, kindness, and forgiveness.

Compassion is one of the most beautiful gifts in the world. It's more precious than gold, and we can actually give it freely as long as we have plenty of it inside ourselves.

Let's take a moment to fill our shop and ourselves with compassion. You can say these things aloud or inside your own mind.

"I love myself."

"I approve of myself."

"I forgive myself when I make mistakes."

"Sometimes I might feel sad, but I know that I'm not alone."

Over the next few days, you will probably think of other compassionate things you can say to yourself.

When your self-love and compassion are strong, the shelves of your store are FULL and plentiful.

Want to hear something amazing about these gifts?

The more you give away, the more you receive in return. It doesn't always come from the same person you gifted it to, but it always, always finds its way back to you.

So, make sure you give these gifts away every single day and with a big smile, because you know you are making the world a much better place.

Sometimes it might seem hard to give compassion to someone who doesn't seem to deserve it. But actually, this is the person who needs it the most.

Empathy is when we can imagine what life is like for other people. Maybe they have experienced troubles or haven't received enough love or compassion. They don't understand what a wonderful gift it is, or how it could make them feel so much better.

When we share the gift, they learn how to use it, and eventually how to share it, too. Spend as much time as you want here, offering these gifts to others in your mind.

Look around the shelves to see if there are other qualities you would like to have here in your store.

Then take a moment to thank yourself for making the world a kinder place. And don't worry about giving away too much. This store will be fully stocked again tomorrow.

Now once more, take another big breath and let it go.

Open your eyes when you're ready. You've done a wonderful job.

