



Loving Awareness Practice: Embodied Self Compassion

Recognize it:

The Thought
The Voice of the Inner Critic
The Emotion
The Physical Pain, Fatigue, Tightness

Invite it:

Greet the Thought, Emotion, Sensation, Inner Critic.

Invite it in. Like a guest.

“Hello, _____ (thought, emotion, critic) _____.”

Feel it:

Feel it in your Body: What is the exact sensation of it in your body?
Location? Shape? Density? Color? Sound? Texture?

Breathe:

Breathe in this space in your body.

5 breaths or more: Inhale (Inviting) - Exhale (Releasing/Softening)
I hear you. I see you. I am hear.

Ask:

What is it that you want/need?
(Listen - Receive)

“Thank you. I love you. I am sorry. Please forgive me.”

Feeling is Healing
Inviting in = Letting go

