

Guided meditation



Start in a seated position, with your arms resting on your legs, palms facing up. Once you're settled, close your eyes and tune into your breath. Notice your breath, without trying to change it. And notice also if you feel tense or relaxed, without trying to change that either.

Take deep, full breaths in through your nose and out through your mouth. As you breathe, become aware of the state of your body. Where is your body holding tension? Acknowledge the tense spots and imagine them relaxing with each exhale. Let your breath return to normal and begin to breathe in and out through your nose. Feel the flow of air moving into your lungs and then back out into the world. With each exhale, imagine you are releasing any negative thoughts that may be lingering in your mind.

Continue to focus on your breath. On each inhale, think **"I am worthy,"** and on each exhale, **"I am enough."** Let each inhale draw in self-love and each exhale release what is no longer serving you. Notice how you feel as you say these words to yourself.

If your mind wanders at any point, know that it's okay. It's the nature of the mind to wander. Simply bring your attention back to the breath. Notice how your thoughts come and go, whether positive or negative, and simply allow them to pass on by like clouds floating in the sky.

Now visualise yourself standing in front of a mirror, and look into your own eyes. What do you see? Pain and sadness? Love and joy? Neutrality?

Regardless of what you see, picture yourself telling your reflection, **"I am worthy of love and happiness."** Know that what you see in the mirror at this moment may be different from what you see the next time you look.

Imagine now that you could breathe into your heart and visualise yourself breathing in love that fills up your body.

Feel a sense of comfort and calm travelling up through your chest into your neck and head, out into your shoulders, arms, and hands, and then down into your ribs, belly, pelvis, legs, and feet.

Allow a sensation of warmth to fill you from head to toe.

When you're ready, take a few more deep, mindful breaths and then softly open your eyes.