

# TSD MINDFULNESS

## EIGHT-MINUTE SELF-COMPASSION EXERCISES

When our heart field needs attention, we experience feelings of being unloved, unworthy, or separate. Use these self-compassion exercises when feeling bouts of loss, abandonment, rejection, inadequacy or betrayal.

### HEART SENSATIONS & EMOTIONS

Move your attention to your heart area. Notice any physical sensations. Notice the absence of physical sensations. Next, notice any emotions that appear to surface in your heart. For example, *joy, gratitude, loss, or hurt*. It is common to not notice heart emotions during this intentional practice, however, this is a practice in creating space for those emotions to fill when the time is right. To create this space, state, "I am loved, worthy of love, connected and a good person."

### COMPASSION FOR MY HUMANNESS

When you feel joy, you are having a genuine human experience. When you feel pain, you are having an equally genuine human experience. If you are experiencing a difficult heart emotion, remind yourself, "I am having a human experience which connects me to all those who have ever experienced this emotion." Feel this connection.

### FEELING SAFE TO FEEL EMOTIONS

We often get stuck in our thoughts when an emotion surfaces because we feel unsafe experiencing the emotion. State, "I am safe in my experience of (loss, abandonment, rejection etc.) I want to create a safe space in my heart for this feeling. My emotion of (loss, abandonment, rejection etc.) is an innocent response to my circumstances. I am having a genuine human experience, that is safe and healing to my being.

### SELF-COMPASSION AFFIRMATIONS

Choose the best affirmations based on your personal experience to hold your consciousness in your heart. Allow several moments for your entire being to receive the affirmation – receive it mentally, physically and emotionally. Repeat the affirmation several times and notice any changes in your mental, gut and heart fields.

*When I am most vulnerable, I experience a secure sense of connection.*

*Surrendering to my powerlessness transforms me into an authentically powerful being.*

*What I feel in my heart is healing to my being.*

*If it is not yet time for me to be rid of my discomfort, I shall love myself with it.*

*Even though I feel...I am loved, I am worthy of love, I am connected and I am a good person.*

### SELF-COMPASSION FOR RESISTANCE

Reminding yourself that you are loved and you care about how you are feeling helps you lower your resistance towards your experience. If you notice yourself pushing away sadness, pain, fear or other discomfort, repeat to yourself, "I know this hurts. I care about how I am feeling. I know I am loved even as I experience this pain." Notice if giving yourself compassion changes your reaction to and resistance to your pain. This was inspired by a study in which participants put an ice cube on their arm. They felt less pain when they gave themselves compassion.