

10-minute Affective Meditation script

Preparation (1 minute)

- Find a comfortable seated position with your back straight and shoulders relaxed.
- Close your eyes gently, or keep them slightly open with a soft gaze.
- Take a few deep breaths to center yourself.

Grounding (2 minutes)

- Bring your attention to the sensation of your body making contact with the ground or chair.
- Visualize roots growing from the base of your spine and feet, anchoring you to the earth.
- Feel a sense of stability and support from the ground beneath you.

Breath Awareness (2 minutes)

- Focus on your breath as it flows in and out of your body.
- Notice the rise and fall of your chest or abdomen with each breath.
- Allow each inhale to bring in calm and each exhale to release tension.

Embracing Emotions (2 minutes)

- Bring to mind a current emotion you are experiencing, whether positive or challenging.
- Observe this emotion without judgment. Notice where you feel it in your body and any accompanying thoughts.
- Allow yourself to fully experience this emotion, acknowledging its presence and validity.

Cultivating Compassion (2 minutes)

- Imagine a warm, gentle light surrounding you, symbolizing compassion and kindness.
- Visualize this light expanding, embracing the emotion you're experiencing, and soothing it.

- Repeat silently: "May I be kind to myself. May I embrace my feelings with compassion."

Closing (1 minute)

- Gradually bring your awareness back to your breath and the present moment.
- Gently wiggle your fingers and toes, and stretch if it feels good.
- Open your eyes slowly, carrying the sense of calm and compassion with you.