

Feeling Good About Myself Meditation #4

Make yourself comfortable, close your eyes, and begin to let yourself relax... Simply become aware of the rhythm of your breathing, your breath moving in, and your breath moving out... With each breath that you inhale, consciously breathe in pure, positive energy... With each breath that you exhale, begin to gently release any stress, resistance, or fatigue... Allow your breathing in this way to give you more and more energy, and allow it to take you to a deeper, quieter place within yourself. Rest for a moment in a sense of well-being.

Now ask yourself the question, Can I unconditionally love and accept myself in this moment as I am? Is there something I am feeling badly about in this moment, or something that I am holding against myself? If that is so, take a moment right now to extend whatever compassion, self-forgiveness, or self-acceptance is needed so that you can love and accept yourself in this moment...

You may want to imagine yourself breathing in love from your heart or the heart of the Divine, and then extending that love to yourself as you breath it out...

Now, as you say the following statements to yourself, allow yourself to feel each one fully in your body. Allow each one to enter your being at a very deep level...

I am deeply and fully loved... I am enough... I am valued by the Divine as I am... I am known and accepted.... I have something unique to offer in the world that only I can offer... Love is the gift of my being.... I am good... I am free... I have purpose... I have value... I am safe... I am eternal... All is well.

Now ask yourself, which of those affirmations affected me the most deeply? Which of those statements do I want to carry with me throughout this day, or this week?

Only when you are ready, taking all the time that you need, you can gradually begin to bring your awareness back to your present surroundings.