Compassionate meditation (self)

PROGRESS PSYCHOTHERAPY

Compassion is not always easily achieved. We are not always in the mindset for it and that is ok. Meditation and imagery can help by letting meditation release us from our current mindset and imagery can stimulate another. If you are in a place where self-compassion is hard try the following-

Begin with a soothing breathing exercise. Breathe in through the nose and out through the mouth at a pace that feels right until you are relaxed.

Then close your eyes, say the following and allow your mind to give whatever imagery comes.

"May I be safe and well
May I be happy.
May I be free of suffering."

Reflect on the imagery and think of yourself and the situation in the most compassionate way possible. This can be repeated as much as is necessary. It is ok to need practice, compassion is a skill. Keep trying.

© 2025 Robert Fulton (trading as Progress Psychotherapy®) Licensed under CC BY-SA 4.0.