

# Self Love Meditation Script

Let's begin with a guided self love affirmation meditation.

Self love is a practice. It can take time.

Be gentle with yourself if the affirmations don't feel authentic yet. Over time, you will internalize them more.

As emotions come up in the course of this meditation, do your best to acknowledge them nonjudgmentally. Treat your emotions like clouds passing by. Notice them, but let them pass.

Begin by settling into a seated position. Make sure you feel comfortable. Now, focus on your breathing. What does your breath feel like as it enters your nose, and exits your mouth?

Keep breathing. Zoom out, noticing how your entire body feels.

Are you holding any tension? Notice how your shoulders, your back, and your jaw feel. For many people, those areas tend to hold tension. If so, invite yourself to release the tension.

Don't worry if your mind starts to wander.

Just gently bring your attention back to your breath, and to the feeling of warmth and self love as you continue to take slow, deep breaths.

**Now, repeat the following self love affirmations slowly, with warmth and gentleness towards yourself:**

# Written Guided Meditation Scripts

**KJ Lindholm-Leary**



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