

GUIDED MEDITATION RESPONDING TO THE FOUR BASIC NEEDS OF THE HEART

In this meditation we are going to spend some time getting in touch with our four needs of the heart.

First bring your attention to your breath. As you breathe, imagine your breath carrying kindness, like a beautiful, warm light filling your body with kindness and well-being.

Kind attention: with this sense of breathing kindness, give yourself some attention. Visualise a photo you like of yourself and take a good look at yourself without judgement. Then notice your physical suffering and let it go. Notice your psychological suffering and let it go. Notice your existential suffering and let it go. In essence, just notice what you are thinking and feeling and let it go. Cultivate more loving-kindness in your life, by just paying more attention to yourself.

Affection: give yourself some affection. Look at yourself with warm eyes. Imagine yourself as a tiny baby, and as yourself today; you are holding that tiny baby and looking at it with warmth. Notice yourself. Squeeze that tiny baby into your being and give yourself a literal or metaphorical hug. Cultivate more compassion into your life by looking at yourself, with all your pain and difficulties and loving eyes.

Appreciation: give yourself some appreciation. Appreciate yourself right now for having the courage to come to this recovery meeting. Go on to appreciate yourself for having the courage to continue your journey of recovery. Cultivate more sympathetic joy in your life, by telling yourself 'Well Done'.

Acceptance: give yourself some acceptance. Accept yourself right now in this moment. Let go of the past. And let go of the future. Let go of the judgements, the critical voice. If they arise, just say to yourself: "Let It Go". Cultivate more equanimity in your life, by saying:
"I am at peace with who I am right now in this moment"
"I am at peace with who I am right now in this moment"

We all need pauses in our lives. Practice this when you are walking, working or in the middle of something. If you have been triggered or are feeling at risk, allow yourself to stop in your tracks and give yourself three minutes to pay attention to yourself, while giving yourself some affection, appreciation and acceptance.