



**MEDITATION  
FOR  
CULTIVATING**

*Self-Love*

# Welcome to this affirmation practice for cultivating self-love



**Thank you for being here today  
These affirmations are designed to  
help you find a new language to  
connect with yourself  
To connect with the true self  
That self which is perfect, soft, full of  
love**

**This is a simple practice  
I say these affirmations and you  
repeat them after me  
You can say these affirmations out  
loud, whisper them, or repeat them  
silently in your mind  
Whatever feels best to you today**

**Let us take a moment to settle into this  
space  
You are here now - safe, supported,  
and comfortable  
Whether you are seated or lying  
down  
Know that you are held**

**Gently close your eyes  
Let your awareness travel to your  
body  
Notice if there is any tension that you  
are holding in your body  
Notice your shoulders, your face, your  
jaws  
Release any tension back to the earth**

**Now take your awareness to how you  
are feeling at this moment  
If there are any worries or thoughts,  
allow them all to be  
You are ok**

**Now taking awareness to the breath  
Breathe into your body  
Deep breath in  
Feel your belly rising  
Deep breath out with a long sigh  
Two more times  
Deep breath in through the nose  
Deep breath out from the mouth  
Feel yourself relax with every breath  
Deep breath in filling up your belly  
Deep breath out, letting everything go  
You feel completely relaxed**

**And now returning to the natural  
rhythm of your breath  
Simply noticing the breath  
Breathing in  
And breathing out  
Breathing in  
And breathing out  
And as you breathe  
Feeling the light of love fill up your  
heart**

**If it feels comfortable  
Rest one hand gently on your heart  
Allow yourself to take this time for  
yourself  
While you are here, if at any time  
thoughts arise, don't judge yourself  
Simply bring your awareness back to  
the sound of my voice**

**Let's begin**

**I love myself  
I love me  
I love myself unconditionally**

**Loving myself means that I take care  
of myself  
I listen to my needs  
I do the little things that give me joy  
Every day I do something for myself  
Every day I give time to myself**





**I prioritize my needs  
Self care is not selfish  
Self love is not selfish  
Self love is the purest, truest form of  
love**

**I take care of my body  
I nourish and nurture my body  
I do my best to get enough rest and  
sleep  
I take care of what I put inside my  
body  
I love and appreciate my body  
I am grateful for my body  
This body that carries me through my  
life  
This body through which I experience  
life  
I am kind to this body  
I love my body**

**I take care of my mind  
I nourish and nurture my mind  
I do my best to stay in the present  
moment  
My breath helps me to anchor myself  
to the present moment  
Whenever I feel stressed or tensed  
I know that I can come back to my  
breath  
This breath that will help me find this  
moment**

**I take care of my heart  
I find joy and peace in my heart  
I find love and compassion in my  
heart  
My heart is full of love  
I can feel the love for myself in my  
heart  
I can feel the compassion for myself in  
my heart  
I am connected to my heart  
I listen to my heart  
There is forgiveness in my heart  
There is happiness in my heart**



**I free myself from my inhibitions  
I accept who I am  
I am in love with who I am  
This is the real me  
And this real me is beautiful  
This real me is worthy  
I am worthy of happiness  
I am worthy of love  
I am worthy of peace  
I give myself the gift of love  
The love I have been looking for is  
inside me  
All the love that I need is inside me  
This love is mine  
I can give it to myself at any time  
Whenever I need love  
Whenever I need compassion and  
support and courage  
I have all of these inside me**

**I trust myself to take care of me  
I trust myself to always be there for  
me  
I am my strength  
I am me  
And this me is the one I love  
I love myself  
I love myself**

**And now, stretch your arms out and  
give yourself a big hug  
And say to yourself, out loud if you  
can  
I love myself  
Once again  
Giving yourself a big hug  
Say, I love myself  
I love myself so much**

**Returning to your body when you are  
ready  
And opening your eyes  
May this love stay with you, today  
and always  
Namaste**