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Allow yourself to sink more deeply into yourself, into the stillness that lies below the thoughts, sensations and feelings. Settle there for a while before bringing your awareness back to the next moments of your day.

*You may wish to adjust the wording of the statements that you repeat to yourself, and you may wish to expand this meditation to include, your judgements, opinions, likes, dislikes etc.*

## Disidentification Meditation Guidelines (Becoming ‘The Observer’)

Settle into your chosen meditation position. Allow your eyes to close. Take as long as necessary to become aware of your breath and feel yourself settle into your body. Be aware of the sensations within your body. Take your breath to any areas of tension or discomfort and let the feelings soften as you breathe out from them.

Take a little time to reflect on how your body serves you every day, see how it feels, connect with the inside and outside of your body. Be in your body as much as possible as you say to yourself ‘***I* have a body, it is *my* body. *I* am *not* my body’**. Repeat this to yourself several times.

Letting your body leave your awareness, bring your attention to your feelings. Notice them, without trying to change them, justify them, or rationalise them. Simply allow them to be what they are. You may find one feeling is dominating your attention, or several feelings interweaving. Take some time to become fully aware of what you are feeling, and then repeat to yourself several times ‘**I have feelings, they are *my* feelings. *I* am *not* my feelings.**’

Moving your attention to your mind, become aware of thoughts that are passing through your mind. Notice what they are, letting them come and then go again. If you find yourself judging your thoughts, be aware that the judgement is also a thought, and let it pass. When you have really settled into your mind, say to yourself several times ‘**I have thoughts, they are *my* thoughts. *I* am *not* my thoughts.**’

## Loving Kindness Guidelines

Settle into your chosen meditation position. Allow your eyes to close. Become aware of your breath and use it to soften and open to your experience as it is in this moment. Become open to the inner feelings of kindness and compassion that you may feel for another, be it person or pet, now, or at some point in the past.

Now bring the focus of your attention to yourself, to your whole self, or perhaps to some part that needs special care, such as the site of an injury, or an emotional pain. Allow yourself to feel this kindness and compassion for yourself. If you wish, focus your feelings of loving kindness on whatever part of your experience needs love and care in this moment.

Invite feelings of peacefulness and acceptance to be present within you. Saying softy and gently to yourself, ‘May I be peaceful’, or ‘May I be happy’, or ‘May I live with ease’. Wish for yourself whatever you feel you need for your well-being.

***Note*** *– we are likely to experience many feelings as we practice loving kindness. This is normal, it is quite common for deeply held feelings to start to be released and acknowledged. As best as you can simply observe whatever comes up with compassion, and keep breathing.*