

# Guided Meditation for Self-Acceptance

Welcome to this guided meditation for self-acceptance.

Today we will focus on accepting the body, mind, and self.

You will need access to a mirror to complete this meditation.

Let's begin!

Find a comfortable, quiet space, and close your eyes.

Connect with your breath, feeling your chest rise and fall.

Breathe into your belly, focusing on the here and now.

Let go of any worries occupying space in your mind as you breathe out.

Release any tension in your face. Your neck. Your shoulders.

Breathe in deeply, allowing your belly to expand.

Then exhale, straightening your spine as you relax.

Slowly unravel any stiffness as your mind and body open up to this space.

Open your eyes and turn your gaze to your reflection in the mirror.

Observe without judgment.

What do you see?

Take your time to soak in the details.

I want you to think of one thing your body gives you that you're grateful for.

This could be the ability to breathe, taste, laugh or dance.

As you observe your reflection, say, "My body is a gift, and my body deserves love."

Repeat this two more times.

If negative thoughts suddenly emerge, close your eyes and acknowledge them with an inhale, then release them with an exhale.

Turn your attention back to your reflection.

Think of one aspect of yourself you wish you could change.

Give yourself grace and say, "Everyone is a work in progress. I accept all of me with love."

Remember to breathe each word into your belly.

Gently rock yourself forward and back to self-soothe if needed.

Send that one aspect compassion and acceptance.

Feel the shift in your energy as you do so.

Say, "I accept my imperfections. They are part of what makes me human and lovable."

Recognize any hesitancy to listen to your intuition.

Say, "I trust myself."

If you notice tension in your body, try to relax your shoulders, straighten your back, and focus on your breath.

Inhale one, two, three, and exhale one, two, three.

We're almost there.

Let's reflect on past experiences of shame or unworthiness.

It's okay to feel vulnerable in this safe space.

Say, "I am enough as I am."

You are enough as you are at this moment.

At this point, you may be feeling some intense emotions.

Close your eyes and let those emotions surface.

Place your right hand over your belly and your left hand over your chest.

Add a bit of pressure to your fingertips.

Breathe deeply into your belly and exhale through your mouth.

Repeat this three times.

Open yourself up to your emotions and your body's sensations.

What do you feel in the present moment?

Observe nonjudgmentally.

Allow whatever you observe to be okay as it is.

Perhaps you notice a sharp sensation in your chest and tears falling down your cheeks.

Apply more pressure to your chest and take deep breaths into your belly.

Perhaps you notice you're now in a seated fetal position.

Stay here a little longer.

Remember to breathe in and out.

Be curious about your emotions and try to identify them.

Perhaps you feel shame for depending on others to see your worth or feel unworthy of anyone's love, including your own.

Accept these feelings as they are, and remember you are enough.

Send healing love to your hands against your chest and belly.

Slowly uncurl your body and connect with your breath.

Inhale one-two and exhale one-two.

Feel your heart rate lower against your hand and your breath evening out.

Let your arms fall to either side, and slowly open your eyes when you're ready.

Inhale, stretching your arms toward the sky, and exhale, lowering your arms toward the ground.

Congratulations.

You have completed this guided meditation for self-acceptance.

Enjoy the rest of your day, knowing you are worthy of love and happiness.