

Soft landing meditation

This is a practice you can do anywhere, anytime which takes a few seconds to a few minutes. It is the STOP practice with the addition of a dose of self-compassion and loving-kindness that you can offer yourself to support yourself in the moment.



To start make yourself comfortable... closing your eyes or lowering your gaze

Arriving into the present moment...

This is an invitation to notice what is here for you in this moment with curiosity.... with a beginner's mind.... in a friendly way....

Maybe slowing your breath a little.... Breathing out a long exhale... noticing this breath...as it is... breathing in... breathing out...gently slowly breathing for three breaths

Notice the body...your position... sensing under your feet...checking in the body with curiosity and kindness.....

Observe what is here for you now... sounds.... surroundings... sensations in the body.... thoughts... mood... feelings...meeting yourself exactly as you are....making space for whatever is here...allowing...letting it be... with acceptance and non-judgment...

Then softening the shoulders.... the face... the heart.... the belly.... the whole body...

Gently smiling within.... Bringing a sense of warmth and care for yourselves with tenderness and kindness....

Maybe placing a hand over your heart.... wishing yourself well...using your favourite way to bring a sense of comfort to yourself such as soothing touch, self-compassion break, loving-kindness phrases, sole of the feet, labelling the emotions/thoughts, compassionate friend visualisation, soften-soothe-allow or giving and receiving compassion breathing practices,

...Offering yourself what you need in this moment to support yourself... whatever would strengthen you in the moment.

Then asking yourself: What are my intentions here? What is important for me here? How do I want to show up? Which value do I want to commit to?

Then being aware of the room again.... Your position and when you are ready you can open your eyes....proceed with what is important to you...acting on your values...

This handout was written by Marie Bloomfield, Clinical Psychologist, M. Psychol., MAPS. July 2019. Modified approach from the Mindful Self Compassion Program by K. Neff and C. Germer

Websites: www.mindfulpath.com.au

www.bloomfieldpsychology.com.au

For more information please email marie@bloomfieldpsychology.com.au