

ANUx - SP | 20180606_Amanda_Morrison_2

Hi. I'm Amanda from the ANU Counseling Center. This is another module in our mindfulness course. This mindfulness is called Compassionate Friend. And this mindfulness can assist you in being compassionate to yourself, particularly if you have a tendency to criticize yourself.

Now find a comfortable position, either sitting or lying down, gently close your eyes or fix your attention on one spot in front of you. Take a few deep breaths to settle into your body. Put one or two hands over your heart or another soothing place to remind yourself to give yourself loving attention.

Now imagine yourself in a place that is safe and comfortable, as comfortable as possible. It might be a cozy room with a fireplace, or a peaceful beach with a warm sun and a cool breeze, or a forest glade. It could also be an imaginary place, like floating on the clouds. Any where you feel reasonably peaceful and safe, letting yourself enjoy being in this place.

Soon you'll receive a visitor, a warm and compassionate presence. A compassionate friend, who embodies the qualities of wisdom, strength, and unconditional love. This may be a spiritual figure, a wise, compassionate teacher, or a person from the past, like a grandparent. He or she may have no particular form. Perhaps this being is more like light or a warm presence. Your compassionate friend cares deeply about you and would like you to be happy and free from unnecessary struggle. Please allow a being to come to mind.

You have a choice to go out from your safe place and meet your compassionate friend, or to invite him or her in. Please take that opportunity now, if you like. Placing yourself in just the right way in relation to your compassionate friend, whatever feels right. Imagining your compassionate friend in as much detail as possible, especially allowing yourself to feel what it's like to be in his or her presence. There is nothing you need to do except to experience the moment.

Your compassionate friend is wise and all knowing and knows exactly where you are in your life journey. Your friend might want to tell you something. Something that is just what you need to hear right now. Please take a moment and listen carefully to what your compassionate friend might have to say. If no words come, that's OK, too. Just continue to experience the good company. That's a blessing in itself.

And perhaps you would like to say something to your compassionate friend. Your friend listens deeply and completely understands you. Is there anything you'd like to share?

Your friend may also like to leave you with a gift-- a material object. The object might simply appear in your hands or you may put out your hands and receive one. Something that has a special meaning to you. If something appears, what is it?

Now, taking a few moments to enjoy your friend's presence, and as you continue to enjoy his or her good

company, allowing yourself to realize that your friend is actually a part of yourself. All the compassionate feelings, images, and words that you are experiencing flow from your own inner wisdom and compassion.

Finally, when you're ready, allowing the images to gradually dissolve in your mind's eye, remembering that compassion and wisdom is always within you, especially when you need them the most. You can call on your compassionate friend any time you wish.

Settling back into your body and letting yourself savor what just happened, perhaps reflecting on the words you may have heard or the object that you may have been given to you.

And finally, letting go of the meditation and allowing yourself to feel whatever you feel and to be exactly as you. Gently open your eyes.