

Meditation of the Witness: Be Kind With Yourself

by Beata Chapman

1. Get comfortable sitting or lying down in a position you can hold relatively well for a while.
2. Listen to my voice and follow my words. When your mind wanders, just come back to the last instruction you heard. Keep coming back, no matter how often your mind wanders. Don't worry, there's no problem.
3. Notice your breathing. In and out. In and out. Take care of your breathing. Hold it. Observe it. Be with it. Your breathing takes care of you every moment—take care of it now. Just let it be natural and reassure it—there is no problem, nothing to fix. You are okay, breathing.
4. You will notice thoughts coming in. Just let them pass on by. No judgment. Nothing to fix. This thought. That thought. Breath. Good. No problem. Take care of your thoughts in this way, not holding on and yet not dismissing. It is just fine.
5. Feel the presence of people or animals around you, their animal presence. Hear their breath, their stomachs, their movements. No problem. No judgment. All this is happening on a wide field.
6. Take in a deep breath and enjoy it. Feel your bodymind enjoy the pleasure of breath. Sigh.
7. Take in another deep breath, enjoying it filling you. Now, at the top, hold for two beats and then sigh out that breath—out and out. This is the breath pleasure of relaxation. Notice this pleasure as you take in a couple more breaths, feeling the pleasure of oxygenation, holding, then letting out the breath, shoulders dropping, feeling the pleasure of relaxation. These two pleasures are always available to you.
8. Now you and all your thoughts and feelings are in a big, vast field. You are just watching them. They are doing as they wish—being perfectly what they are—coming and going, pressing and pulling, and you are perfectly what you are—spacious awareness itself. There is no problem, just this going on. Nothing to fix, nothing missing. No judge. No critic. Just you, here.
9. Notice what comforts you in this room. Open your eyes and slowly gaze around the room. Let your eyes rest on whatever comforts you. What tells you it comforts you? How does it offer itself to you? Take in the comfort it offers, the gift freely given, and when you are ready, let your eyes move to the next place they'd like to rest a while. Everything is perfect just as it is. Your eyes. You. The things you see. All perfect just as they are right now.

10. Notice if you have a warm feeling in your heart right now. Does it extend to other areas of your body? Is it bigger than your body or does it stop at your skin? Is it moving or still? Bring that warm feeling to as much of your body as you can. Expand it. Take care of it.

11. Now, when you are ready, slowly open your eyes. Return to awareness of the group or the room where you are, the things going on in your everyday life. Bring this mind of warmth and spaciousness to your life now.