

Hello, my name is Tracey Meyers, psychologist at Lawyers Concerned for Lawyers. This is the compassionate breathing meditation.

Begin by sitting in a comfortable yet dignified posture. And allow the eyes to gently close.

Taking a few deep and easy breaths in and out. Bringing awareness into the body into this felt sense of the breath in the body?

Allowing yourself to drop into awareness of being alive. Of breathing.

Checking in with your body to notice if there's any tension or stress. If you do find physical discomfort or stress, simply make a note of it. We're not trying to get rid of anything or change anything. If there isn't any just to make note of that too.

When you're ready, check for the presence of any difficult or stressful emotions you might be experiencing. Explore your chest or your heart space and see what's there.

During our practice today, we'll be meeting either physical or emotional sensations, even distress with compassion. We have a tendency to want to avoid that which is difficult, but in this practice we're actually meeting our suffering or discomfort.

We're meeting it with compassion, and if there's no suffering in this moment, we're simply just noticing that experience.

So now take a nice deep breath. And then take another.

Let's notice how the body is being nourished with this breath.

So beginning by shifting the focus of your attention now to the inhale part of the breath cycle, so feeling the air coming into the body. Perhaps you can sense how this feels nourishing and replenishing.

And if that works for you, imagine breathing in compassion. As if the oxygen molecules were carrying compassion into the body. Or it could be a word with each inhalation, like love or ease. You could also imagine inhaling light or warmth. It's really whatever works for you, whatever you need in this moment.

If you have a hard time connecting to compassion or kindness, see if you can imagine what it would feel like to be surrounded by love. Or surrounded by compassion.

Allowing yourself to be nourished if possible. Taking in the kindness that surrounds you. Breathing in the kindness and the compassion with each inhale as much as possible. Allowing yourself to be soothed with each compassionate inhale. Taking it all in just for you.

When you feel ready, now shifting your attention to the exhale portion of the breath cycle. Feeling the air now leaving your body. Allowing any tension to melt away with each exhale.

Now with each exhale imagine exhaling compassion with each breath. You can extend this compassion to someone you know who might be suffering, who might be needing some compassion. Or perhaps you might prefer sending out compassion to everyone around you. With each exhale, allowing some of the abundant compassion that is within you to be transmitted to those in need. Continue to exhale with ease. Extending all the kindness and compassion so plentiful in you out into the world.

When you're ready, shifting your attention now to include the entire breath cycle. Noticing both the inhale and the exhale. Breathing deeply in and completely out.

With each inhale taking in some compassion, that's just for you. With each exhale, sending it out to everyone else.

Allowing yourself to savor all of this kindness and compassion coming into and leaving your body.

Finding a sense of ease and balance. Taking in compassion just for you. And sending out compassion for everyone else.

And now allowing the breath to find its own natural rhythm. Breathing in and breathing out gently and with ease. Compassion breathing in just for you. Compassion out for others.

With each inhale and exhale feeling a sense of ease, feeling the compassion all around you. Feeling whole just as you are. Breathing compassion in and compassion out. One for you and one for everyone else.

Allowing the soothing sense of compassion to penetrate every organ and every cell. Allowing the care and comfort to be felt in the body and then sending it far out for everyone else.

Inhaling care and exhaling care. Care and comfort into your body and then sending it out for everyone else. One for you, one for everyone else.

Let's continue breathing this way for the next few moments.

And then gradually releasing.

The focus on the inhale and exhale and just rest in this place of compassion and openness. Relaxation and care.

When you're ready. Gently begin to open and close the eyes. Maybe a little stretch of the body.

Thank you for participating today. This is compassionate breathing. I'm Tracey Meyers. I'll see you next time.