

Dareto be you

For women who want their mission on earth and a
heart-centred way to be it

Show yourself love and compassion

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By Sharon Eden

*A small body of determined spirits fired by an unquenchable
faith in their mission can alter the course of history.*

- Mahatma Mohandas Gandhi (1869 – 1948)

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Show yourself love and compassion

You might never have been taught to give yourself love and compassion. So, have a go at the following exercise using your imagination. You can also access this exercise in my book 'Bounce Back from Depression.'

You'll be using your imagination. If you think you're 'not good' at that, no problem. Some people imagine through seeing pictures. Others, like me, don't see pictures but 'sense' things. And, as I'm sure there are more ways to imagine than both of these examples, whatever way you do it is just fine.

Also, opening and closing your eyes to read the instructions won't interfere with your experience. Read them through before you begin. This will help the process when you're actually doing this inner journey.

First, choose a day and time to do this when you're feeling more up than down. Sit in a chair, spine straight and your feet square on the ground. Check that you're comfortable, releasing any belts or constrictions caused by what you're wearing. Then...

1. Close your eyes and take three deep breaths slowly, in and out.
2. Then imagine you have an inner movie screen. And on that screen, imagine what a loving heart looks like and sit with your image for a moment or two..
3. Then, as you 'see' it on your inner screen, allow that loving heart safely and slowly to grow bigger and softer... as much you want... until it feels absolutely the right loving heart size and softness for you.

*"Imagination will
take you
everywhere"*

Albert Einstein

4. Now, trusting your own Inner Wisdom, imagine a little you gently nestling in your big soft loving heart as if it were a gorgeous duvet.
5. Spend a few minutes, or longer, seeing little you nestling in your soft loving heart. Notice how you feel being safe and supported there.
6. Then, when you're ready, let this image move slowly and gently into your own physical heart. Let imagined heart and your physical heart become one and notice how this feels.
7. Finally, when you're ready, leaving little you in your soft loving physical heart, begin to turn your attention outward again. Notice the chair against your body, the temperature of the room you're in and any ambient noise; sounds inside or outside your room. Move your fingers and toes and even stretch if you feel like doing that. Then, very slowly open your eyes and come back into the room.
8. Check whether you feel light-headed or a bit woozy which can happen after an inner journey. If so stamp your feet on the floor, vigorously rub your arms, legs and thorax. If necessary, slap your face lightly on both cheeks to 'wake' yourself up. This should do it but, if you still feel 'away with the fairies', have a cold shower. I guarantee that will bring you back big time!



REMEMBER:
to wake up!

*“Love and compassion
are necessities, not
luxuries. Without
them humanity
cannot survive”*

Dalai Lama

This exercise helps many people to connect with the love and compassion they've never felt or had stopped feeling due to depression. You might have cried or even sobbed. You might also have felt relief that, at last, you felt some love and compassion... especially for yourself.

You can repeat this exercise as many times as you like. Giving yourself that big soft loving heart is your birthright. You were born to be given love and compassion. Remember... You are enough! If you weren't able to do this exercise, be gentle with yourself. All it means is the timing was off. Wait a while until you intuitively know it's time to explore giving yourself love and compassion. I bet you'll be able to do it then on a day when you're feeling more upbeat than downbeat.

If you'd like to know more about what you can do to recover from depression sooner rather than later, get a copy of ['Bounce Back from Depression – The No Nonsense Guide to Recovery'](#).

Go well and gently...

Sharon

*“Even after all this time,
The Sun never says to the Earth,
‘You owe me!’
Look what happens
with a love like that.
It lights the whole sky.”*

- Shams-ud-din Muhammad Hafiz (c 1320-1389)

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