

HANDOUT 9.5: COMPASSIONATE LETTER TO THE BODY

After completing the compassion-focused body scan, try writing a letter to your body.

As always, you begin by connecting with your soothing rhythm breathing...and with your intention to write something that might be in some way helpful for this body about this issue...maybe you want to express the compassion and gratitude you may have felt during the practice or that you wish to cultivate towards your body. Or whatever else you would like to say to your body that comes from the wise, courageous part of you, that is set on being helpful. You may choose focusing on a specific body part if you feel called to do so. Here are some ideas to get you started:

Dear body,

I just practiced a long meditation where I tried to get in touch with your ancient origin....

The thing that struck me the most is

The thing that I really thank you for is ...

What I realized today is that....

I am sorry if in the past.....

But today I want you to know that ...

Final closing wish