

Seeing Yourself Through Loving Eyes

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Through what lens do we see ourselves? Do we witness the person we are through a lens of warmth and love or through one of judgment? This practice is an invitation to see ourselves through that first lens, honoring and embracing ourselves with kindness and care.

PRACTICE:

1. Begin this practice by calling to mind someone in your life who loves you deeply. It does not have to be someone who is currently present in your life. If someone from your past is better suited, choose that person. Alternatively, consider a loving pet.
2. Find a comfortable space where you can meditate and reflect for the next little while. When you are ready, close your eyes and imagine yourself sitting in a cozy room with this person or pet. Meet eyes with this being, taking as much time as you need to really harness their presence in your mind.
3. When you are ready, begin to consider how they view you. Start to witness yourself through their eyes, embracing the love, care, and appreciation they hold for you. Consider: "What does this person see in me?"

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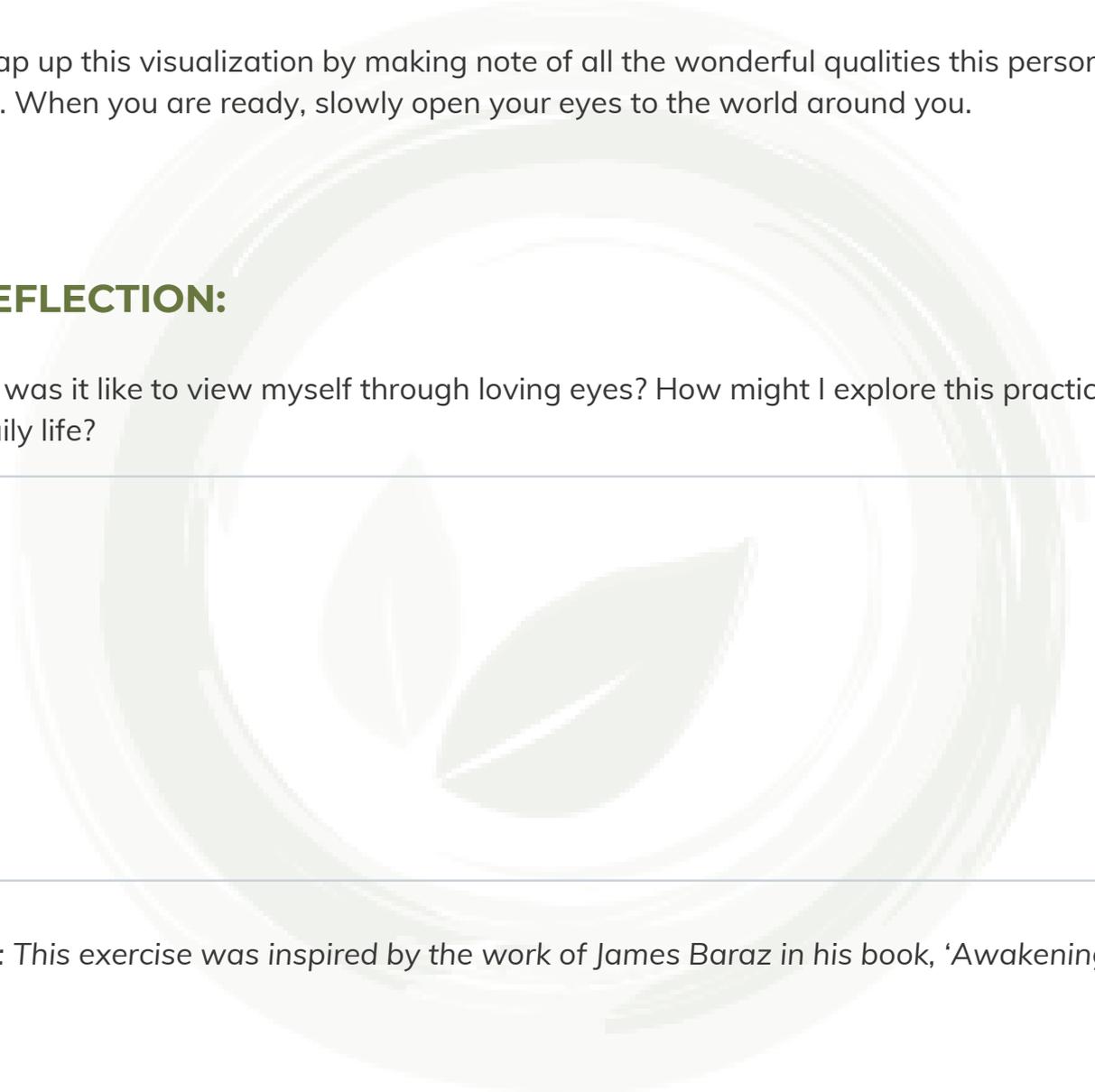
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4. Ensure that you are practicing patience and compassion throughout this practice. For some of us, witnessing ourselves through eyes of love can be so unfamiliar that it brings up a wave of inner resistance. Acknowledge if this arises for you and then return to the loving, compassionate center of your chest as you explore this.

5. Wrap up this visualization by making note of all the wonderful qualities this person sees in you. When you are ready, slowly open your eyes to the world around you.

REFLECTION:

What was it like to view myself through loving eyes? How might I explore this practice in my daily life?



NOTE: This exercise was inspired by the work of James Baraz in his book, 'Awakening Joy.'