

mindfulness



Mindfulness Meditation (Giving Yourself a Hug and Love)

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<https://youtu.be/QMSaAM9-JHc> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in and relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

As you breathe, you may close your eyes if you wish. Take in a deep breath through your nose and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Today, I want to focus on loving our self. Sometimes we are so busy giving love to others that we forget to love ourselves. It is important to love ourselves because loving ourselves is one way that we fill our insides with love to give to others. Continue to breathe.

Take in a deep breath through your nose and release the breath through your mouth. As you continue to take deep breaths and release deep breaths, take and place your arms across your chest. Now squeeze yourself and say, here is a hug from me to me. Do not let go; continue to lightly squeeze yourself.

Again, take a deep breath through your nose and release it through your mouth. Once more, take a deep breath through your nose and release it through your mouth. One more time, take a deep breath through your nose and release it through your mouth. Continue to breathe. As you lightly squeeze yourself, say out loud, so you can hear yourself: “I am valuable, I am important, I am capable of receiving love, and I am capable of giving love.” Continue to breathe.

Merely enjoy the warmth of the hug you are giving yourself. Receive and believe the words you have just told yourself: I am valuable, I am important, I am capable of receiving love, and I am capable of giving love.” Continue to breathe, and we will simply be silent for a few moments as we receive the love and affirmation, we are giving ourselves [few moments of silence].

Take in a deep breath through your nose and release the breath through your mouth. As you continue to take deep breaths and release deep breaths, take, and place your arms across your chest.

Now place your hands back in your lap. Take one final deep breath in through your nose and release the breath through your mouth. You may open your eyes

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now if they were closed. How do you feel? I hope you feel loved. If there is ever a time you need to feel loved, merely repeat this exercise and receive some self-love.

I'll see you again soon for more mindfulness exercises.

Explanation & Focus

Today's mindfulness exercise aims to help children learn that it is essential to love self. Sometimes, children spend a lot of time pleasing everyone else in their lives, giving love to their family, friends, school-mates, and pets. Even adults need to recharge and receive love; how much more do children need this same recharge. In this exercise, we will hug ourselves. There is also an affirmation that the child will speak as she/he receives a hug from the self: "I am valuable, I am important, I am capable of receiving love, and I am capable of giving love." As with many of our mindfulness exercises, there will be a focus on deep breathing.