

Sensing Innate Goodness

We are born with a basic sense of our goodness. Neglect and trauma can damage this. This simple practice can restore this sense of your goodness.

1. Get grounded and present with the presence practice.
2. Imagine yourself as a child. If you can, look at a picture of yourself as a young child.
3. See your innocence. Sense your original goodness.
4. Now, merge your sense of yourself as a child with your sense of yourself now. Sense deep into the innate core of goodness in you. Sense your core perfection. See clearly, if you can, the life experiences that have damaged this sense of goodness. Feel compassion for yourself as you would for any innocent young child.

This is a great little practice for piercing through the illusion of self-hate and countering the core feeling of being bad or unlovable. You may find it helpful to carry with you a picture of yourself as a child to look at from time to time when you feel unworthy.

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Fierce Self-Compassion Meditation

c. Now put a fist over your heart if you like. This is a gesture of strength and bravery. See if you can commit to being kind to yourself by keeping yourself safe. That's a kindness. Assert confidently, "I will stand up for myself. I will not yield. I'm strong enough to take this on. I can say No." Whatever feels right to you. If you're having difficulty finding the right words, what would you say to someone you care about to help them stand up, be strong, and have courage? Can you offer a similar message to yourself?

d. Finally, put your other hand over your fist so you are holding your fist tenderly. Combine fierce energy, brave and empowered clarity, with the tender nurturing energy of self-compassion. Give yourself full permission to feel the force of your resolve. Let his force be fierce and caring. Aim your fierce energy at the situation, not at the person causing harm. Remind yourself that they're still human. Commit to take action to protect yourself, but don't dehumanize the other person. Keep the thread of lovingkindness for this person alive.

9. Let these fierce and tender energies mingle in your body.

10. If you're feeling a little activated, ask yourself what you need to take care of yourself, and make sure you do so.

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