

Mindful Eating & Self-Kindness: A gentle introductory session

by Jane Malcolm



Overview

Welcome & Qs

Breath & Intention setting

Chakra clearing visualization

Mindful eating practice

Loving Kindness affirmations

Feedback & Qs

Chakra Clearing Visualization

Red (Root) – I am grounded

Orange (Sacral) – I feel with ease

Yellow (Solar Plexus) - I act with confidence

Green (Heart) - I love and am loved

Blue (Throat) – I speak my truth

Indigo (Third Eye) - I see clearly

Violet (Crown) – I am connected



Mindful eating practice

"This food is a gift. It nourishes every cell. I receive it with love."



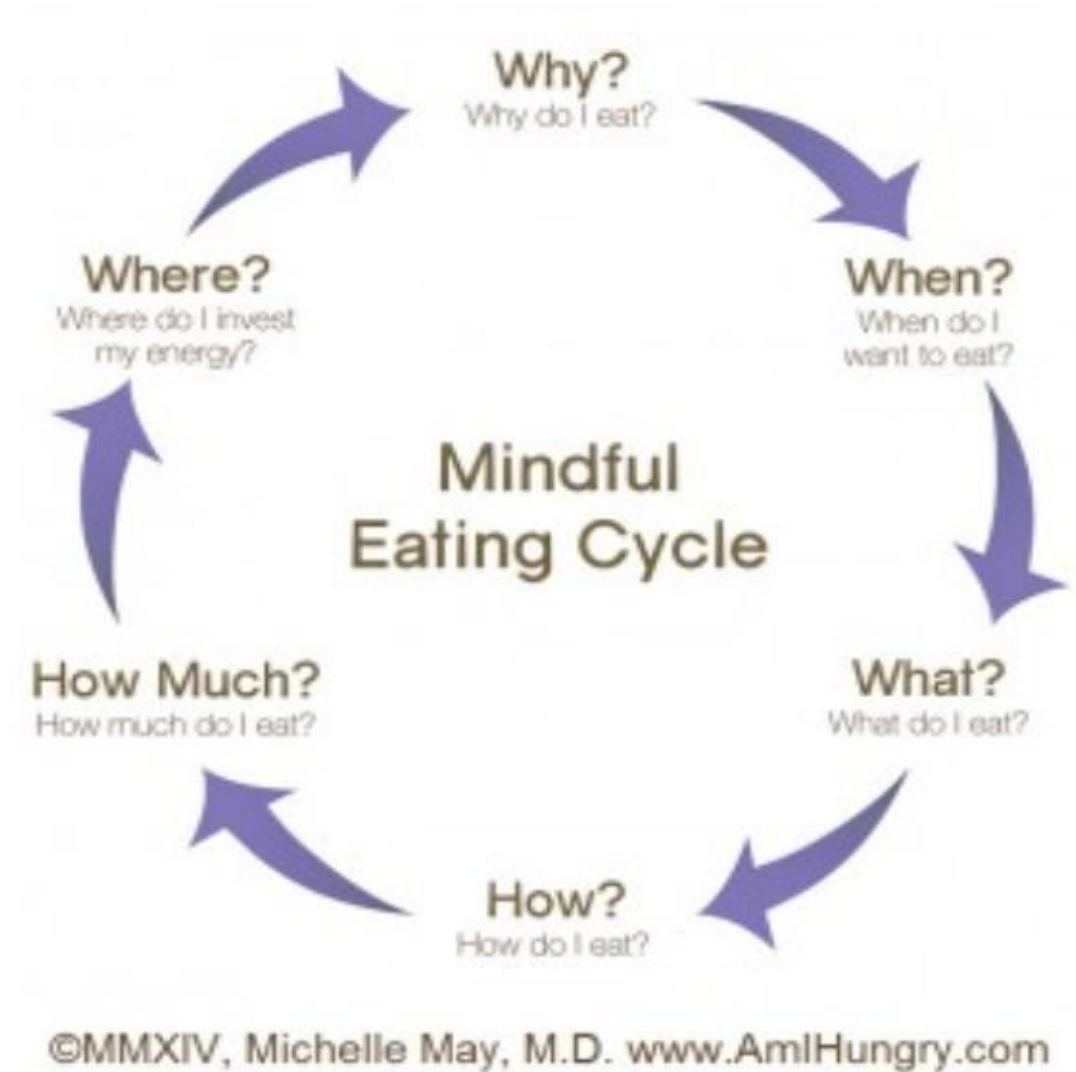
Loving Kindness affirmations

"I honour my body, my energy, and my spirit. I am whole."

- May I be well
- May I be nourished
- May I be kind to myself
- May I feel peace

Feedback & Questions

- What did you notice?
- Was it easy /difficult?



[Mindfulness Coaching by Jane Malcolm - Payhip](#)

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