

# Mindful Eating & Self-Kindness: A gentle introductory session

by Jane Malcolm



## Overview

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Welcome & Qs

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Breath & Intention setting

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Chakra clearing visualization

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Mindful eating practice

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Loving Kindness affirmations

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Feedback & Qs

# Chakra Clearing Visualization

**Red (Root)** – I am grounded

**Orange (Sacral)** – I feel with ease

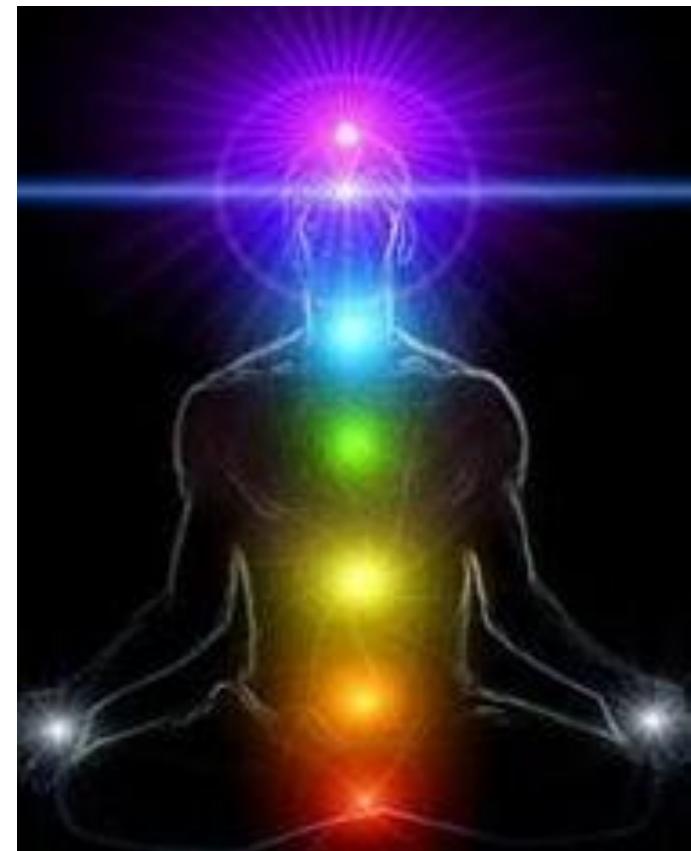
**Yellow (Solar Plexus)** - I act with confidence

**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."*



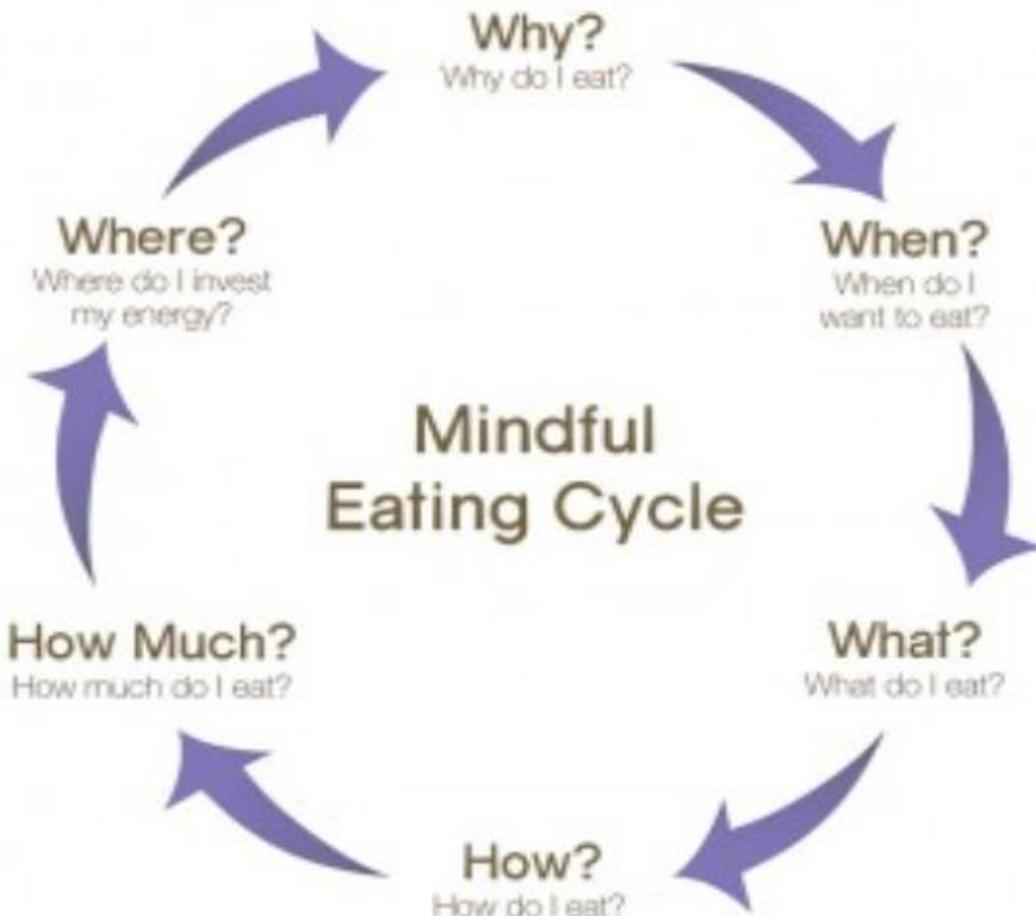
## Loving Kindness affirmations

*"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?



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