



## LOVING KINDESS MEDITATION

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### **GRATITUDE**

*Refocus your thoughts and explore ways to practice being grateful.*

### **Activity overview**

Meditation with a twist

### **Equipment required**

Yourself

A comfortable, quiet place to sit or lie

### **Time required**

15 – 30 minutes

*WHY: A great way to boost feelings of positivity, love, compassion and peace.*

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### Instructions:

1. Sit or lie down comfortably
2. Close your eyes
3. Take a few, long, deep breaths and exhale slowly. Do this for a few minutes until your mind is quiet and calm
4. Next, as you breath in, say to yourself, 'May I be peaceful, loving and happy'.
5. Do this for a few minutes - while you do this imagine your whole being filling with peace, love and happiness
6. After a few minutes send this feeling out. Imagine someone you love - as you breath out say to yourself, 'May you be peaceful, loving and happy'

To extend the exercise send it further by saying, 'May all beings be peaceful, loving and happy'. Imagine you're feeling extending all the way out across the entire planet to reach all beings.

Once finished this practice take some time with your eyes closed to reflect on the feelings you are experiencing as a result.