

GUIDED MEDITATION ON KINDNESS

Allow yourself to settle into your meditation posture.

If you are sitting allow your body to come into an upright posture without forcing or straining your body.

Take a few deep breaths and exhale slowly. Saying quietly to yourself gently and slowly the word “KINDNESS”. Notice any effects in your body, any images that come to mind, or any thoughts or feelings that appear. As best you can, try to be interested in any responses, whether pleasant or unpleasant. If there is no response, that is completely fine too.

Spend a few minutes saying quietly to yourself gently and slowly the word ‘KINDNESS’ allowing this to penetrate your whole being. Notice any effects in your body, any images that come to mind, or any thoughts or feelings that appear. As best you can, try to be interested in any responses, whether pleasant or unpleasant. If there is no response, that is completely fine too.

When you are ready become aware of your surroundings and sounds in the room and when you are ready open your eyes.