



Meeting Unkindness with Kindness - Guided Meditation

Take a nice long inhale, and a slow exhale.

Breathing deep into your belly.

Feel as it rises and falls with each breath you take.

Feel yourself relaxing more and more with every exhale you take.

Feel a light warming your body, making you feel more and more relaxed.

More and more quiet

Visualise this light moving into your body, seeping into each and every cell of your being.

Sending a wave of relaxation throughout your entire body.

Imagine now that your whole body is a ball of light

Imagine that ball of light floating in the air

Light, relaxed, calm.

Now imagine doing something you love to do

Enjoying your day in your best possible way.

Sharing this experience with your friends.

Feeling happy, laughter, and love

Feel how it feels in your body to share this love, light and happiness with your friends

Imagine yourself giggling and smiling

Simply enjoy this moment.

Feeling happier and your heart feeling more and more open.

Smiling more, laughing more...

Feeling more moment of love and laughter with your friends

Feeling full of love.

Feeling warmer and lighter

...pause...

Now imagine a person who has been unkind to you.

Someone who has been saying hurtful things

or someone who has brought you pain.

Imagine this person coming into your circle of friends, of happinesses, of love and laughter.

Notice how that makes you feel

See how your body reacts...

Does your body retract, does your heart close, maybe you feel Nervous, Uncertain, Worried, Afraid.

Simply feel how you feel in this moment.

...pause...

Now begin to open your heart and connect to that love and laughter you felt before.

Invite this person into your circle of friends and share with them the feeling of happiness, laughter, and love.

Notice how it makes you feel to invite this person to join you. Notice how your negative feelings disappear...

More love and laughter, Your heart opening even more, Smiling more, laughing more.

Simply feel how wonderful it is to open your heart.

Sometimes people who are unkind to you are the people who need your friendship and kindness the most.

Enjoy your time here with your friends, old and new.

Bring both your hands over your heart and really feel into this space of openness.

You are capable of making a change.

You are strong

You are loved

You are kind.

Take a deep breath in. And a slow long exhale out...

Gently begin to open your eyes.