



# Sending Love - Guided Meditation

Begin to get comfortable laying down on your mat/bed and close your eyes... take a deep breath in and a long slow breath out... begin to tune in to the sound of your breath. Listen to the sounds you make as you inhale and exhale...

Inhaling, exhaling...inhaling, exhaling...inhaling, exhaling...

On your next inhale think of filling yourself with so much love. You could think of the color red filling your body and giving you a big hug.

On the next exhale, think of sending all that love and kindness to someone close to you.  
...Exhale all that love out...

Inhale all that love back into your body...

Then on the next exhale, think of sending loving kindness to someone you are having a difficult relationship with at the moment. Maybe someone's made you feel sad or angry, send this love out to them too...

...Exhale all that love out...

Inhale all that love back into your body...

Then on your next exhale, send that love and kindness out to the world around you, the animals, the trees, your neighbors, and the whole town you live in...

...Exhale all that love out...

Sharing love makes everyone feel wonderful. It also make you feel wonderful living in kindness love and peace.

Finish your loving kindness breath by coming back to breathing naturally. Let your breath move in and out of your nose calmly and smoothly.

When you are ready, slowly begin to wiggle your fingers, wiggle your toes and gently open your eyes.

