

Heart Felt Meditation

(love and kindness meditation or Meta practise)

We are going to do a little meditation to honour our hearts.

We will give thoughts of love and kindness to ourselves and then we will give thoughts of love and kindness to someone we know, also you may provide kindness and love for someone who you have had difficult relations with.

So relax as you sigh out all your tensions and relax into the chair, breath from your tummy then turn your attention to the area of your heart, place your 'giving' hand on your heart to complete the energetic cycle.

(your strong hand, if you are right handed then use your right, if left handed use your left)

Feel your heart moving as it soaks up your healing energy from your giving hand

Feel yourself breathing through your heart

Breathing in energy and breathing out love (this out breath can be seen as a white breath of love)

Keep this watchful inner eye on your heart, feel your heart swell with energy that soaks up your love

Feel your love filling the room as your heart breaths out a white mist of love

Feel the energy change as your heart breaths in, as you breath in the love, that we all are breathing out.

See a mist of love filling the room, (first around your feet and as your heart continues to breath out a loving white mist)

this is your heart breath, your heart breaths in and out this mist of love.

On the out breath of your heart, you add to the mist that swirls around the room

Now think of all your love ones standing in a group in front of you, your heart breath swirling around them.

See yourself Stretching out your arms around the group and hugging them in a lovely big hug

Send your heart breath to them and see their hearts start to breath in your love.

(Send these thoughts towards your heart, your heart can hear and understand your words and thoughts and it will remember them. Think of these thoughts like wishes, think with your emotion when you say talk to your heart)

Now after you have finished providing Love to those that you have called, you may start to breath back in the loving breath of the white mist that you earlier breathed out.