Mental Health Awareness Week Wednesday Meditation on Kindness

Find a quiet space where you can relax into a position where you feel in complete comfort, at ease and can relax completely. Allow your body to relax until it feels as though it is weightless and your mind and spirit sense that you are restful and focusing on just being.

2-minute breathing space

Take a deep breath and as you do so reflect on how hectic and distracting life can be and how sometimes life whisks us away on to a treadmill and causes us to lose our way and become disconnected from those who make our lives so special and also equally we may momentarily forget the kindness and generosity of others

2-minute breathing space

Take several deep breaths slowly and deliberately and allow each breath to filter its way right down in to your chest and as you inhale feel the warmth and reflect on what kindnesses you would like to extend to others and also the kindness and sense of warmth working its way in to your body and then slowly but surely making you feel a sense of being alive and the sense that wellbeing is reaching every part of your body……

First your head

30 seconds breathing space

Then your neck and shoulders

30 seconds breathing space

Your arms

30 seconds breathing space

All the way down your chest to the lower part of your body

30 seconds breathing space

Into each hand and down every one of your fingers feeling the warmth and generosity embraced by each one

2-minute breathing space

Now feel the warmth infuse its way down the rest of your body to each foot and each toe feeling the warmth infuse itself into every cell and every joint.

2-minute breathing space

Take several more deep breaths and enjoy the thoughts & feelings of kindness settling into your entire body

2-minute breathing space

As you inhale think of all the kindness you have experienced over the years and how it has influenced your sense of happiness and wellbeing and acknowledging that feeling once again and as you exhale acknowledge once again that you feel a real sense of wellbeing and that this special kindness makes you feel happy and contented.

2-minute breathing space

As you exhale imagine that you are spreading kindness and wellbeing first to your nearest and dearest and as you do so keep breathing deeply and kindfully.

2-minute breathing space

Then to all the friends past and present who have stepped up and been supportive, kind and generous without expecting anything in return. And all this time keep breathing deeply and kindfully.

2-minute breathing space

Then ponder on our world and think of the many ways that we might be kind to one another. And all this time keep breathing deeply and kindfully

2-minute breathing space

Then think of all those with whom you have formed a deep and meaningful connection, whom you sense as welcoming and kind spirits with whom you would like to cultivate kindness happiness and generosity. And as you do so continue to breathe deeply and kindfully.

2-minute breathing space

Take several deep breaths while you think of how you might do something kind and generous to make someone’s world better and kinder and feel the presence of that kindness and generosity as you exhale and imagine that felt sense to others.

2-minure breathing space

Then think on how you might be kind to yourself and take several deep breaths in and out and as you do so think on how you might take that sense of being kindfully present even in the smallest way, sensing the gentleness of living life intentionally and purposefully in a kind and gentle way. As you do so maintain your breathing and as you reflect sense the oxygen travelling through your body and extending your sense of happiness and wellbeing and relaxation.

Stay with this feeling for several minutes.

3-minutes breathing space

When you are ready become aware of the room again and sense the kindness embracing you completely.

Lenny Roberts-Flanders 19.5.2020