

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

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

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, this is your heart breath, your heart breaths in 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)

May I be happy (showing tenderness to yourself)

May I be healthy (sharing your wish with yourself)

May I be safe (let yourself relax in ease with who you are)

May I live in peace (let your feel your peace)

May I be thankful (let your heart feel your gratitude)

May I forgive (let the pain out of your heart)

Repeat these phase a few times while you continue to feel your heart breath in the energy and breath out your love,

Watch your group of people breath out love and add to the mist in the room, the mist that all hearts are breathing in and out with.

Think of the kindness you do for people, opening doors, stepping aside to let people go first, smiling at people, waving goodbye to people, hugging your friends and family, showing tenderness to people with problems, how you listen to people

Now think of a person who you find challenging, see their face and send some thoughts of good will towards them, bring them in to your group hug and say to them,

May you find love

And then let your heart breath out your love to them.

Finish the meditation with: (say this to all your group)

May you be happy

May you be healthy

May you be safe

May you live in peace

May you live with thanks in your heart

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