

Find yourself in a comfortable seated position. Please sit down comfortably for 20 minutes with the goal of bringing wellness and warmth into your life. Spend a few moments here to reconnect and find your real presence in the present moment.

Gently close your eyes and follow your breath letting it guide you and relax like a sweet lullaby.

Take a few deep breaths to focus on the present moment..

Gently we will bring attention to a person, or some situation that is causing you a sense of discomfort, to shift this energy and create a loving-kindness meditation practice to get in tune with the world and with yourself in a mindful gentle, caring way.

Think about a person or another living being that makes you smile naturally. It can be a child, grandma or even your dog or cat, a creature that brings happiness naturally into your heart. Visualize it, just as if it/he/she was in front of you. Now, acknowledge how vulnerable this creature can be, just like you, subject to sickness, aging, and death. This creature wants to be happy and free from suffering, just like all other living beings. Repeat mentally in a relaxed way these words:

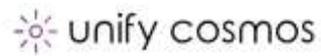
May you be safe, calm, healthy, peaceful.

When you notice that your mind is wandering, return to the words and image of the loved one and realize the feelings that can arise.

Now, visualize yourself, your whole body in the mind's eye and offer the same message to yourself, knowing that you too can be vulnerable under certain circumstances.

May you be safe, calm, healthy, peaceful.

Now choose a neutral person, a person who does not give you any particular emotion, neither positive nor negative. Even this person can be vulnerable. Visualize it in front of you, as if you were talking to him/her and repeat the message:



May you be safe, calm, healthy, peaceful.

Return each time to the image and the words if your mind wanders to other themes.

Now a more difficult part comes into play, choose a person who has caused you pain in the past or still creates negative emotions. Allow him/her to sit in front of you, in your viewing.

Even this person can be vulnerable under certain circumstances. Repeat the message:

May you be safe, calm, healthy, peaceful.

Return each time to the image and the words if your mind wanders to other themes.

Allow your unconscious mind to extend the message to all human beings, to people near your home, in the workplace, in the city and beyond, experiencing a sense of belonging to the world. And when you're ready, and you think you've extended this message to everyone, feel the loving-kindness taking over, spreading to everything and everybody in your life...to people and things that are already there and people that are going to be there one day... spread it to the universe... to the world in the sense of unity and deep caring connection with positive, loving vibes... take three deep breaths and open your eyes... Feel the love.

Namaste