### A Brief Loving Kindness Meditation

So settling into your chosen meditation position………….. Allow your eyes to close………..

Become aware of your breath and use it to gently soften and open to your experience as it is in this moment………………..

Become open to inner feelings of kindness and compassion. Focus on the loving care that you may feel for someone, maybe a child or a partner. Maybe for a pet or for someone you have cared for in the past. Allow yourself to experience this feeling of caring and kindness.

Holding those feelings of loving kindness while bringing the focus of your attention to yourself, allow yourself to feel wrapped in this gentle loving kindness….. You may wish to apply this feeling to your whole self, or perhaps to some part that needs special care, such as the site of an injury, or an emotional pain…………… Allow yourself to bathe in this kindness and compassion for yourself…………... If you wish, focus your feelings of loving kindness on a particular part of your experience that needs love and care in this moment.

Invite feelings of peacefulness and acceptance to be present within you…….. Saying softly and gently to yourself, ‘**May I be peaceful’**, or ‘**May I be happy’**, or ‘**May I live with ease’**. **May I be peaceful’**, ‘**May I be happy’**, ‘**May I live with ease’** Wishing for yourself whatever you feel you need for your well-being.

Stay with this feeling of kindness and compassion towards yourself for a little while, until you hear the sound of the bells.

4 mins to the bells