



Loving Kindness Meditation

Sit in a relaxed position, and allow 3 deep breaths in to center yourself.

Picture your beating heart, open and lifted.

Breathe in these thoughts and take them to heart:

- May I be happy & healthy.
- May I have love and kindness.
- May I have peace and ease.

By sending love and kind thoughts to you, someone you love, someone you don't know and (here's the tough one) someone you have conflict with - you will feel the shift happen in your heart.

Let the world feel your love-ripples!

Source: SoulShine Life - Yoga for Kids and Families - Facebook post:
https://www.facebook.com/?ref=tn_tnmn#/photo.php?fbid=319956994716854&set=a.319956978050189.71909.312992812079939&type=1&theater