



A Simple Meditation that will help you align with loving kindness, compassion and your own heart space. It can be used as a smile to yourself, for someone else or with someone you love 😊

With someone you love: Hold hands, gaze lightly into each other's eyes, take deep clear breaths. Calmly, gently, take turns saying:

These are my wishes for you:

May you be safe, may you be filled with loving-kindness, may you be well, strong, in body and mind, may you be happy, may your sorrows and pains be eased, and may you be filled with loving-kindness.

Feel the sweetness grow as you connect with them.

With the Spirit of Wholeness