

# Meditations

A watercolor illustration of a rainy mountain landscape. The scene features rolling hills and mountains in shades of green, blue, and white. Rain is depicted as numerous thin, vertical blue lines falling across the entire scene. The sky is filled with soft, grey and blue clouds. The overall mood is serene and contemplative.



# GROWING JOY

Begin to take deep, slow breaths.  
Picture a person or animal who makes you smile.

Imagine them in their happiest moment—  
where they are and who they're with.  
Picture yourself joining them. Notice how they  
show their happiness—what they say or do.  
Say to them: "May your joy keep growing. May  
you have more happiness in your life."

Breathe in, and as you breathe out, imagine  
sending them joy.

Pause and notice how you feel.  
Think of a joyful moment in your life—who was  
there, what was happening, and why it made  
you happy.

Say to yourself: "May my joy keep growing.  
May I have more happiness in my life."



# LOVING KINDNESS I

Begin to take deep, slow breaths.

Picture someone you love—this could be a person or a pet.

Breathe in. As you breathe out, think: “I wish you safety, health, and peace.”

Picture someone friendly but not close to you, like a neighbor or a coworker.

Breathe in and out, saying: “I wish you safety, health, and peace.”

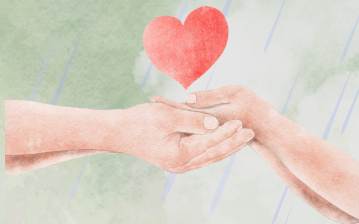
Picture yourself sitting across from you.

Breathe in and out, saying to yourself: “I wish you safety, health, and peace.”

Think of someone you find hard to be around.

Breathe in and out, thinking: “I wish you safety, health, and peace.”

Picture your community. Breathe deeply, thinking: “I wish you safety, health, and peace.”



# LOVING KINDNESS II

Begin to take deep, full breaths.

Imagine a person who you feel supported by sitting across from you. Imagine a warm light connecting your heart to their heart.

Think of the things they have said or done that make you feel loved.

Breathe in while imagining that they are sending feelings of love and warmth through the light

As you breathe out, thank that person for loving you





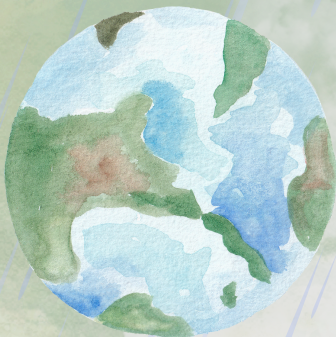
# WEB OF LIFE

Breathe in and out normally. Find a position that is comfortable.

Feel the space where your body meets the place you are sitting.

Feel the place where your body or your seat meet the earth. Feel the sense of the earth holding you.

As you breathe in, imagine the earth rising up to meet your body. As you breathe out, feel your body being held by the earth. Tell yourself that the earth is strong enough to support you and you are safe.





# LEAVES ON A STREAM

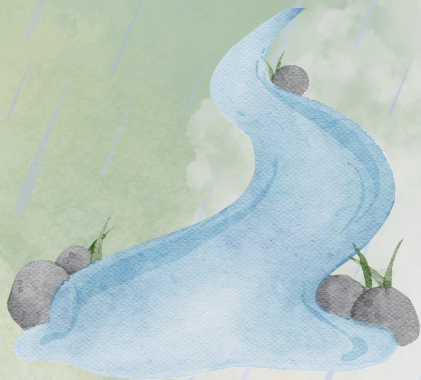
Sit in a comfortable place. Imagine you are sitting next to a cool stream.

Watch the stream as the water moves.

Imagine the leaves that float by you.

As thoughts come into your mind, imagine placing them on a leaf and watching them float away.

Continue as new thoughts come up, place them on a leaf and let them go.



# EYE OF THE HURRICANE

Start in a comfortable position. Focus on how it feels to be touching the ground. If you get distracted, think about how your body is touching the ground.

Imagine a hurricane with its strong winds. The center, or eye, of the hurricane is calm and quiet. Imagine you are at the center of the hurricane.

Imagine that your current thoughts and feelings are part of the winds of the hurricane. Imagine that they are caught up in the storm while you are safe in the center. Continue to take full breaths. If you have any negative thoughts, unpleasant feelings, or difficult memories, imagine sending them into the winds of the hurricane. Notice that they are not part of you and the calm eye of the hurricane.

As you continue to breathe, notice again where your body touches the ground. Imagine that this connection to the ground is strong and stable.



# ESTABLISHING ENERGETIC BOUNDARIES

Imagine that your heart is a ball of warm light.

Take a deep breath in. As you breathe out, imagine the light in your heart growing bigger.

Imagine the light moving through your body and coming out through your skin.

Imagine the light filling the space you are in.

Imagine what that light might be touching.

Imagine that light spilling out of the space you are in and into the world around you.

Continue breathing as the light in you grows.





# SAFE SPACE IMAGERY

Think of a place that makes you feel calm and peaceful. This can be a real place or it can be imaginary.

Think about how the air feels in this place. Think about what you might hear around you. Think about what items you will have with you in this place. In your mind, reach out and touch these items.

As you are sitting in your safe place, take a few breaths in and out. Remind yourself that you can return to this place at any time.





# SOOTHING EMOTIONAL PAIN

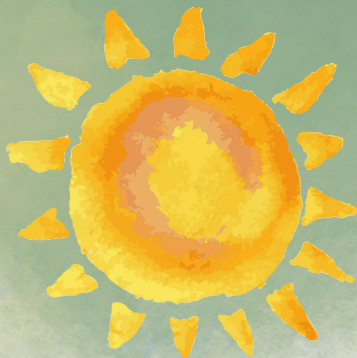
Imagine a warm, soothing light above you and entering from the top of your head

Imagine that light as it moves through your body, starting with the top of your head.

Imagine the light as it moves through your face, into your neck, chest, arms, belly, and legs.

Take a breath in and imagine that the light is taking away any pain, resentment, or anger.

As you breathe out, release these feelings. Focus on the feeling of warmth in your body.



# TIP OF THE NOSE

Breathe in through your nose. Think about the tip of your nose as you breathe out.

As you breathe in, focus on the cool air at the tip of your nose.

As you breathe out, focus on the warm air.

Feel the vibration of your nostrils as you breathe.

Listen to the sound of your breath.

When other thoughts start, focus again on the tip of your nose.

