

# MEDITATION

Meditation is a practice that people use to help them focus and create positive connections between their mind and body. In this meditation, we will focus on finding personal peace and meditate on love and kindness.

## INSTRUCTIONS

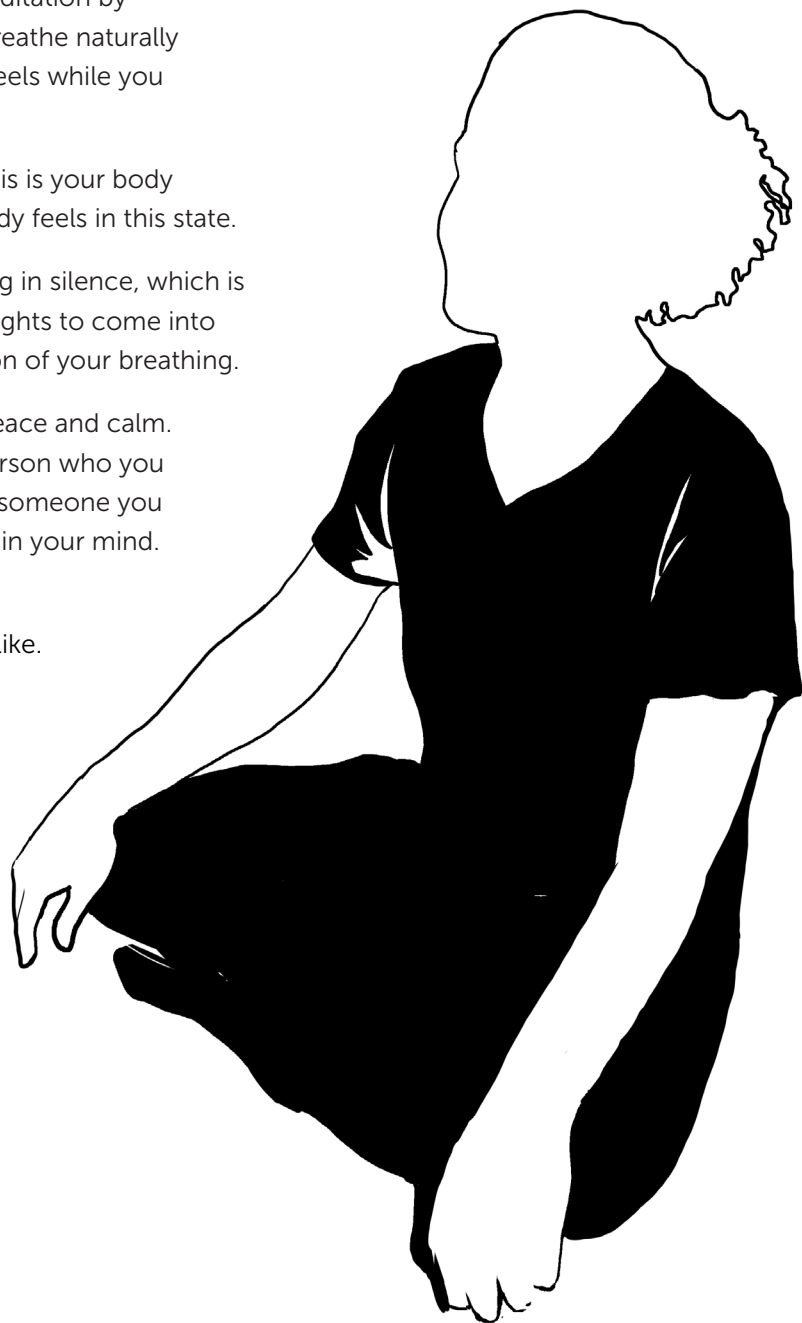
- 1** Gather the family in a place where you can all sit comfortably, with your hands resting gently in your lap or by your side.
- 2** Close your eyes and take a deep breath. Begin your meditation by breathing in and out through your nose. Continue to breathe naturally for the next few minutes, focusing on how your body feels while you are breathing.
- 3** Allow your breathing to become deeper and slower. This is your body moving into a natural state of rest. Notice how your body feels in this state.

You may find it difficult to stay focused on just breathing in silence, which is normal and very common. Here is a tip: Allow any thoughts to come into your mind but bring your attention back to the sensation of your breathing.

- 4** Eventually, you may find yourself reaching a place of peace and calm. During that time, take a moment to think of another person who you feel may need a moment of peace as well. This can be someone you know or someone you don't know. Picture that person in your mind.

As you inhale and exhale, imagine you are sending love and kindness to that person. Do this for as long as you like.

Try repeating steps 1 to 4 every day for the next week.



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