

# Guided Meditation

## Morning Meditation for Kindness

Settle in and get comfortable. As you really pay attention to this meditation, just let your body relax more and more.

The soothing sound of each word is like a wave of relaxation that enters the top of your head and travels down your entire body. Feel the sensations and how this sense of calm relaxes each and every muscle.

Your body now takes a break from all the morning's activities and knows it can rest and be still for these moments in perfect harmony and peace.

Now your body feels completely at ease and like you're floating on a cloud. It's so very peaceful and enjoyable.

As we begin this day, we focus on kindness and choosing to use our words gently - when we speak to ourselves and others.

We're going to pay attention to our thoughts and guide them in a way that makes us, and others, feel good. We do this because it actually feels better inside and creates a positive environment and a happy day!

We simply feel better and experience more happiness and goodness when we are kind with our words, thoughts and actions.

Today we also focus on being helpful to others. Being a team player is important because it makes life happier and so much more fun! When we help others, the other person benefits of course, but we do, too.

Helping others demonstrates kindness in action. Being helpful lets others know they are not alone, and it brightens their day.

Think back to a time when someone helped you. How did that make you feel? It was a wonderful gift. You can give the same gift today and every day by being kind and helpful to others with words and actions.

Sometimes, people may not always be nice or helpful – but those are often the ones who need kindness the most. Maybe they haven't had many examples of love, generosity, or compassion in their life.

By showing them kindness, you have the power to make a difference. Your actions might inspire them to do the same, creating a ripple effect of kindness that spreads far beyond what you can see.

Life has a way of living up... or down to... our expectations. So, let's focus on today being a good day. Visualize today as happy, peaceful, fun, and worthwhile.

Maybe something you've been wishing for or looking forward to will finally happen today! Or maybe life has been exciting or busy enough lately, and you just want a chill day. Either way, see it in your mind's eye and call it into reality today.

Now, when you're ready, take in a deep breath and bring your attention back to where you are.

You've done an amazing job relaxing and using your brilliant mind to think about things in new ways. Bring back all of those feelings of goodness and allow that to guide this wonderful day!

