



Meditation

Meditation or deep relaxation is a valuable tool for a happy and productive life. Breathing deeply and relaxing the body helps calm the mind and allows inner peace. The benefits of meditation include slower breathing, slower heart rate, lower blood pressure, and an increase in oxygen and lung strength. Relaxation releases the happy hormones.

Meditation can be practised in *Peaceful Pose*, but it can also be useful in *Child's Pose* for a minute or two. Five to ten minutes of meditation every morning will go a long way in setting a more peaceful attitude for the day.

A meditation on love and compassion

Play soft and slow music. Lie or sit in a comfortable position.

You can read the following meditation with a slow and calm voice. Pause often, and make adjustments where needed.

Take several deep breaths, relax and release tension. Focus on your breath, and become aware of how it moves in and out of your body. As thoughts enter your mind, let them go and return to your breath. Take deep breaths, and with each exhale, release and relax every muscle.

As you feel your breath becoming quiet and slow, focus on your toes and consciously relax each one. Relax each muscle from the toes to the feet, to the ankles, breathing deeply; release your calves, shins, thighs and hamstrings. Let your body go, bring your awareness back to your breath. Focus on your breath as you breathe in and out. Relax your hips, abdomen and chest.

Let yourself become soft. Let go of your shoulders, arms and hands. Soften your upper back, middle back, lower back and gluteus. Feel your breath. Relax your scalp, jaw, eyes and eyebrows. Stay focused on your breath, let go. Let thoughts go, let tension go, let expectations go. You are now calm and relaxed.

Bring your awareness to your heart. Imagine your heart is glowing with a beautiful and brilliant white light. This light is filled with love and peace. Feel this love. Feel this love for yourself and wrap yourself in a warm blanket of love. Breathe in (5 or 6 counts)..... breathe out.....(5 or 6 counts)

Visualise this brilliant white loving light glowing so brightly that it expands out of your body and into the room, sending love to all people around you, (breathing in..... breathing out.....). Let this loving light grow until it fill the school, the community, and soon the whole world (breathing in.... breathing out....). Imagine the whole world being healed by this beautiful, brilliant, loving white light that begins in your own heart. (breathing in.... breathing out.....).

Can you feel it?

Can you feel the peace that you are?

Can you feel the peace that you are creating?

(breathing in..... breathing out.....)

With your next breath, gently move your fingers and toes. Gently move your body. Raise arms above head and stretch whole body. With a big sigh, release breath and body. Roll onto your right side and slowly sit up in a comfortable cross-legged position.

Continue to breathe for another minute. As you feel your love and compassion for others grow within you, know that you can take this love with you as you go about your daily life. Breathe love into your life, softly open your eyes, and intend to have a wonderful day.

Virtues Developed

Peacefulness, mindfulness, focus, compassion, happiness.