Mental Health Awareness Week Friday Kindness Meditation

Find yourself a space where you can relax and be yourself without distraction but embracing any peripheral noise such as birdsong, washing machines and the soft whispering of gentle exchanges of words around you. Notice your breathing.

2-minutes breathing space

Imagine what it is like to be in a world surrounded by kindness. Reflect on what it means for you and whilst you do so notice your breathing. As you exhale think of it as breathing out anything you sense as feeling uncomfortable for you and as you inhale breathe in all those thoughts that make you feel at one with the world. Stay with those thoughts and breathe in and out several times until you feel as though you have exhaled everything alien to you and you feel infused with thoughts of wellbeing and being embraced with kindness.

2-minute breathing space

Then think about all the people in your life who make it very special and make you feel that you are acknowledged and accepted. Stay with this feeling for several minutes until you have a sense that you have all those who embrace you with their specialness around you. And as you continue to breathe notice your levels of warmth and wellbeing and embrace them.

2-minutes breathing space

Now reflect on others perceptions of kindness in other parts of the world and for a moment reflect on how it feels to receive kindness from others and feel that you are acknowledged for the significant contributions you make to kindness in the world.

And as you do so notice your breathing and imagine giving and receiving kindness. How does that feel?? Reflect on the joy this brings you for a few moments whilst you continue to breathe deeply and kindfully.

2-minutes breathing space

A custom in Southern Africa, Ubuntu embraces selfless acts of kindness such as sharing resources, taking care of one another, caring for others children and the offering of food and drink to those travelling through. Imagine the joy and sense of kindness and wellbeing this invokes for those who receive these offering and as you do so pause and reflect on what it would be like to give and receive such acts of kindness. And as you do so breathe deeply in and out and in and out and as you do so pause and reflect for a few moments whilst you appreciate the joy this might bring you.

2 minutes breathing space

Pause and reflect on the wonders of life and as you do so also imagine being kind towards yourself and also reaching out to others actively listening to them , communicating with them , treating them with respect and acknowledging difference, culture and ethnicity.

Continue to breathe deeply and kindfully as you do so and pause and reflect for a few moments.

2-mintue breathing space

Then imagine what it would be like to feel the full impact of such kindness and imagine how life changing it would be to be so energised and motivated. Reflect on the warmth and powerful emotions this evokes for a few moments and as you do so notice your breathing and the level of your emotional wellbeing.

2-minutes breathing space

Then imagine what it would be like to have to have all aspects of this kindness in life every single day and feel the joy that you might feel by embracing this completely.

Ponder on this for several moments, breathe deeply, relax, appreciate, acknowledge.

2-minutes breathing space

When you are ready awake with a sense of having been reached out to and acknowledged in the world.

Lenny Roberts-Flanders 21.5.2020