

HEART MEDITATION

Use this guide to lead a meditation to bring awareness and warmth into your heart.

Find a comfortable seat and place your hands on your heart (or that space between your ribs known as your “heart space”).

Close your eyes or look down, and begin to breathe slowly in through your nose, directing your breath to your heart. Imagine with each breath that you are lighting up your heart with a warm, bright light. Notice how your heart feels.

As you continue to breathe, bring to mind a moment when you felt completely loved and safe. It could be a time shared with a parent, a pet, a teacher, a friend, or a kind gesture or word that made you feel that way . . . just a moment. Notice how your heart feels, and let that feeling travel through your whole body.

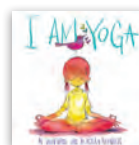


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I AM LOVE
BY SUSAN VERDE
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MESSAGES OF LOVE

Do you know someone who could use a message of love?

Cut out the cards below and write a note of compassion to someone you love on the back. You can thank them for something nice they did, give them a compliment, or cheer them up when they are feeling sad.

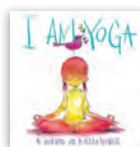


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HOW DO YOU PRACTICE LOVE?

Love means many things—showing kindness to others, living with gratitude, and taking care of our bodies and minds.

Try to complete all the acts of love in the prompts below.



1. Love is gratitude.

Thank someone who helps you in big ways or small ways.

Write their name here: _____



2. Love is creative.

What is a creative way to express that someone is important to you?

Write your idea here, and then give it a try! _____

3. Love is tiny gestures.

What is something small you can do to help someone in your community? _____

4. Love is taking care of yourself.

What is an activity that you can do to take care of your body and mind? _____

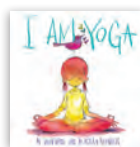


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