

Grounding Exercises

Metta Meditation

Finding a comfortable position in your seat, closing your eyes or looking down softly..... begin by dropping into your body..... take a long slow breath in allowing the air to drop all the way from the bottom of your belly to the top of your chest..... and then without effort release your breath just let it sigh out..... Thinking of yourself in your fullness of being breathing these phrases

May I be safe
May I be healthy
May I be happy
May I be free

Calling to mind someone you love, holding them in your consciousness and breathing these phrases

May you be safe
May you be healthy
May you be happy
May you be free

Calling to mind someone you have difficulty with, holding them in your consciousness and breathing these phrases

May you be safe
May you be healthy
May you be happy
May you be free

Calling to mind someone in the world who you cannot tolerate, you cannot accept what they do, holding them in your consciousness and breathing these phrases

May they be safe
May they be healthy
May they be happy
May they be free

Calling into your present awareness all created things and breathing these phrases

May all beings be safe
May all beings be healthy
May all beings be happy
May all beings be free

....inhaling and exhaling to your own rhythm..... for these next minutes of quiet
after the quiet period you want to hold

... in your own time coming back into awareness of the space you are in....opening your eyes and acknowledging those around us in the room or on-line.....