



Mindfulness Meditation

Friendly Wishes to the Body

This exercise is best practiced sitting comfortably or lying down. In this meditation, you will use friendly wishes along with your breath to build up loving kindness. This can help you have less fear, ease pain, sleep better, and be kinder to yourself. Sometimes it is easier said than done, but let's try it!

Start by noticing your breathing at the base of the nostrils. Feeling the breath move in and out.

*Breathing in,
Breathing out.*

Now, notice your body in the space you're in. Feeling your whole body sitting or lying here.

As you breathe and feel your body, gently and inwardly say:

*May my body relax.
May my body feel love.
May my body feel joy.
May my body be at ease.*

You can't make any of these happen. You are just gently and warmly, as best as you can, inviting each one to happen. Just like inviting guests over to your house.

As you breathe, gently and inwardly say:

*May my body relax.
May my body feel love.
May my body feel joy.
May my body be at ease.*



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Friendly Wishes to the Body

Now let's include everyone, by sending each person on your care team including yourself these friendly wishes.

May our bodies relax.

May our bodies feel love.

May our bodies feel joy.

May our bodies feel ease.

May our bodies relax.

May our bodies feel love.

May our bodies feel joy.

May our bodies feel ease.

If you found this difficult, that is normal. Give it another try soon and see what happens.

Well done and remember it's just a practice!