

Meditation- Compassion

Comfortably Laying down

Check postural alignment (back, head)

Firmly grounded- feel anchored

Comfortable, secure, grounded

Close eyes- draw attention inside the body and adjust body to assist in drawing the attention inside

Notice sensations- where is your attention drawn- Go into sensations

Be present with sensations

Now be with breath

Moving in & out rhythmically rising, falling

Notice expansion as inhale, Contraction as exhale

Breath comes & goes by self – no effort

Effortless rhythm- like the waves of the sea

Continue

When mind comes into thought gently draw it back to focus on the effortless breath

Continue 3 to 5 mins

Come out slowly in own time

Bring your attention to the Heart centre (General area in centre of the Chest behind the Sternum Anahata Chakra the colour is **Green** and this is centre of unconditional love

Now **Focus your Attention on you-** visualise you – your hair, your eyes, your mouth, your face, your head neck, body, notice what you are wearing (Don't worry when your thoughts wander off- quite normal- like clouds floating through in a blue sky- just gently guide them- repeatedly as necessary).

Drawing your focus to the Heart Centre – the centre for unconditional love- Send unconditional love and compassion to you

Drawing focus to the Heart centre and send unconditional love and Compassion to the essence of someone you love

Drawing to focus back to the Heart Centre, let us send our unconditional love to our **Loved Ones**, our **Community**, our **Country**, and our Beautiful **Planet Earth**