

## **Thich Nhat Hanh Breathing Meditation**

*Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.*

## **Shinzen Young Focus on Good**

1. Choose a Positive emotional feeling (Love, Gratitude, Forgiveness, Interest, Excitement, Peace, *Joie de Vivre*)
2. Think of word or words that characterize that feeling. Repeat them in your mind like a mantra.
3. Bring to mind an image that characterizes that feeling.
4. Find or create in the body associated feeling. Smile.
5. Work with any one or combination of positive word, image or feeling.

## **Abbreviated Version of Shinzen's Focus on Good**

1. Bring to mind a memory or fantasy that brings you happiness and joy. Refresh the image when it fades. May include words if appropriate.
2. Note any positive emotional feeling in the body that are evoked.

## LOVING KINDNESS JACK KORNFIELD (Modified)

This meditation uses words, images, and feelings to evoke a lovingkindness and friendliness toward oneself and others.

Begin with yourself. Breathe gently, and recite inwardly the following traditional phrases directed to your own well-being. You begin with yourself because without loving yourself it is almost impossible to love others.

*May I be filled with lovingkindness.*

*May I be safe from inner and outer dangers.*

*May I be well in body and mind.*

*May I be at ease and happy.*

When you feel you have established some stronger sense of lovingkindness for yourself, you can then expand your meditation to include others. Picture this person and repeat similar words

*May (Name) be filled with lovingkindness. Etc. with other phrases*