



## Love and Kindness Breath

Sit with your eyes closed and your legs crossed. Take a deep breath in then slowly breathe out for five counts. On your next breath out, think of filling yourself with love. Imagine the colour red filling your body. On the next breath out, think of sending love and kindness to someone close to you. Then send love and kindness out to the world around you: the animals, the trees and the people around you. Lastly, send out love and kindness to the world. Finish your loving kindness breath by coming back to breathing naturally. When you are ready, open your eyes.