

Sending Kind Thoughts - Heartfulness

Builders Club members can conduct this practice and send kind thoughts to the group of individuals they just helped. They can also use this technique to send comforting thoughts to self, or a friend or family member they feel is hurting.

Script for the advisor

Sometimes it's difficult seeing others struggling. We can do things to help as a Builders Club, but often we want to do more. One thing we can do is send kind thoughts to others. Let's try it.

Sit in your Mindful body posture.

Focus on your breath, the in breath and the out breath.

As you breathe in and out repeat these words silently.

Picture the person you want to send kind thoughts to as you say these words.

May you be safe

May you be healthy

May you be peaceful

May you be happy

May you be calm

Kind thoughts can also be sent to self. So when you feel sad, or you're having a difficult day, take time to sit in your Mindful body posture and say these words to self. Let's try this now.

Focus on your breath, the in breath and the out breath.

As you breathe in and out repeat these words silently.

May I be safe

May I be healthy

May I be peaceful

May I be happy

May I be calm