



Guided Meditation using the breath

For children and families

We sit comfortably with our body still and relaxed, stable like a mountain. We breath naturally and our mind is spacious and peaceful. Then we take a moment to remember to have a kind attitude and good motivation for doing this meditation.

“May I be well, may I be happy.”

“May you be well, may you be happy.”

“May everyone be well, may everyone be happy”

Now we bring our attention lightly to the sensations of breathing in our tummy, noticing the rise and fall of the tummy with each in-breath and out-breath ... *(Pause)*
Placing the hands on the tummy for a few breaths can help to focus your attention. Let us notice movement and any other sensations as you breathe in and out... *(Pause)*
If your mind drifts off, that’s no problem, just notice that you are distracted and bring your attention back to the breath... whatever thoughts and emotions arise, just allow them to rise and settle again, just like the waves in the ocean. We can continue for a short while in our own space and rhythm ... *(Pause)*
Now we let go of watching your breath, simply relaxing.

At the end we can dedicate our meditation for someone we know who is not well, who is suffering right now, someone who is sick, or someone who has a lot of fear or worry right now.

And finally dedicating the goodness from this practice for the well-being and happiness of everyone and for peace in the world.

May everyone be well, be happy and safe!

Rigpé Yeshé