



Character Strengths: Guided Meditations

Lesson 4: Focusing on the Character Strength of Love

Let's spend a moment bringing our attention to our breath so that we can become peaceful and relaxed. Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Bring your attention to your breath as we breathe in and out for ten breaths. (In/out x10)

Now we are going to bring our attention to the Character Strength of Love. Think of someone you really love. It could be a family member, friend or even your pet. Picture them now in your mind. Now imagine your Treasure Coin of Love shining out from your heart towards this person. Can you feel all of that love you are sending them? Now imagine that they are sending lots of love back to you. Try to feel the light and warmth of their love now. It's like a beautiful soft and warm blanket wrapped around you. What colour is the blanket? How does it feel? Stay with this feeling for a while.

If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'feeling loved' to yourself if you like to help you to keep your attention on the feeling of love and peace.

(Pause for around 30 seconds, or more).

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this, and do some gentle stretching at your place. Remember that you can imagine your love shining out like this anytime you want to feel loving and peaceful!