



Character Strengths: Guided Meditations

Lesson 6: Focusing on the Character Strength of Kindness

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 x 10).

Now we are going to bring our attention to the Character Strength of Kindness. Feel your Treasure Coin of Kindness shining out from inside you. Now remember a time in the past when you used your kindness. Can you see it in your mind? Who were you kind to? What did you do? Stay with this feeling for a moment. Now try to remember a time when someone was kind to you. What did they do? Now imagine them sending lots of kindness to you. Feel the light and warmth of the kindness they are sending you. It's like getting a big hug! Imagine yourself getting a big hug now from someone who is always kind to you and you love getting hugs from! Stay with this feeling for a while. Maybe you feel safe and happy.

If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'feeling kindness' to yourself if you like to help you to keep your attention on the feeling of kindness 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 kindness shining out like this anytime you want to feel kind and peaceful!