**Flourishing in the Garden**

**Heart Meditation Week 4**

Hello and welcome to week four of flourishing in the garden. This week is focused on the heart chakra and related to the air element. We will explore a loving kindness meditation or heart meditation.

To start you can find a comfortable seated position or you can also lay down on the back. but just take anything that you need here, any kind of support whether that be props or intentions and feel free at any time to move and adjust so that you can be comfortable in the space.

As you make your way to that position, we'll start to notice the breath. Breathe in and out just noticing, without trying to change anything.

Noticing the quality of your breath, noticing where the breath wants to move in the body.

Then maybe starting to expand the breath into the belly. Noticing that full expansion of the ribs and then as you exhale, the ribs come back together.

Just noticing that constant flow and movement.

Then start to bring someone that you love into your mind. Someone that you deeply care about. This can be family, it can be a friend, it can be an animal.

Just start to bring that being into your mind.

With that being in your mind, start to notice how the body is feeling.

Notice any sensations that are occurring while thinking of this being.

Maybe the heart space is tingly.

Maybe there is sensation there.

Maybe there's a warmth that rests over your body.

Maybe you're thinking of a distinct memory, and you have a smile that comes to your face which is keeping that being in your mind and allowing that love to expand and radiate from you.

*(Pause for a few breaths here to allow for space and integration)*

Now we'll start to direct energy to that being.

Maybe imagining a thread between you and this person. It doesn't matter how far they are away from you. Starting to cultivate a connection to them. Sending them that love and maybe feeling that love come back to you.

Feeling this constant flow between the two of you.

Now give space to notice any other sensations or emotions that come up whether that be gratitude, light, compassion, joy. Whatever might come up for you just notice it here.

and then with that energy you can say either out loud or you can think it to yourself.

But you can repeat.

“I wish you peace. I wish you happiness. I wish you love.”

“I wish you peace. I wish you happiness. I wish you love.”

“I wish you peace. I wish you happiness. I wish you love.”

You can continue that mantra, or you can let all of it go and just soak in that love and connection

*(Pause for a few breaths here to allow for space and integration)*

Now with that same love and connection that we just shared with another being, we’re going to turn it inwards to ourselves.

You can imagine we're holding up a mirror right in front of our face. And we're going to turn that same love and compassion right back to ourselves.

Noticing any sensations or feelings here.

Because we deserve that love too.

An option is to let your hands rest on your heart.

Now starting to again turn that love in and as you look in the mirror, repeat.

“I wish you peace. I wish you happiness. I wish you love.”

“I wish you peace. I wish you happiness. I wish you love.”

“I wish you peace. I wish you happiness. I wish you love.”

You can continue that mantra, or you can let all of it go and just soak in that love and connection

*(Pause for a few breaths here to allow for space and integration)*

With that love being reflected to yourself we’ll start to expand that feeling over the entire body.

Allowing the body to just rest here.

Feeling the sensation of that loving kindness, this beautiful pathway that starts within us and that transcends out into the world.

 Love and abundance from the world being able to be transferred back down the path to us.

Noticing this free flowing of energy of abundance and love

Just knowing that this work, this intentionality, this love is available to you at any time. And that you deserve it.

With all that abundance here, we’ll start to bring our awareness back into the body.

Maybe taking a nice long stretch along the earth

Rolling through the wrists and ankles

We'll hug the knees into the chest and roll over onto your right side.

Take a moment to breathe.

 feel free to keep the eyes closed or the gaze softened.

But just take a breath here and think of one thing that you love about yourself.

When you're ready, you can come to a comfortable seated position of your choice.