

Giving and Receiving Affection

1. Get into a comfortable position.
2. If you want, close your eyes
3. Get in touch with your body. Feet, legs, seat, trunk, shoulders, head, arms, hands. Notice sensations. Tingling, throbbing, warmth. Pleasant or unpleasant or neutral.
4. Take 3 deep breaths to let out any tension from the day.
5. Let your breathing return to normal. Feel where you feel it most strongly. In and out. Not trying to control the breath. Let it be natural.
6. Now adopt a little half-smile. Tiny smile. With mouth closed. Notice how that makes you feel when you adopt a position of contentment, peace, happiness in the present moment.
7. Notice the breath. Let the breath be infused with affection and kindness for yourself and others. Even if you don't feel it, set an intention to breath in affection and kindness for yourself, and breath out affection and kindness to others who are suffering just as you are.
8. Notice that the mind wanders. Don't judge it. Minds do this. Just bring attention back to the breath and the feelings you are intending with each inbreath and outbreath.
9. If it helps, put your hand over your heart to feel the warmth that is there.
10. Come back to the breath when the mind wanders.
11. Feel appreciation for the breath itself. Without breath we couldn't stay alive.

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12. Notice each breath as it enters and exits your body. Holding affection and kindness for yourself and others. Remembering your little half-smile.
13. If your mind has wandered, bring it intentionally and gently back to the breath.
14. Letting your breath soothe and comfort your body. Releasing any tension there. Notice the gentle flow of the breath in and out.
15. Returning to the breath if your mind has wandered, focusing on your intentions: kindness, good will, affection for all human beings, including ourselves.
16. Take this last minute or two to really focus on your breath, breathing in and breathing out, resting in the field of kindness you're generating.
17. When you're ready, open your eyes. See if you can keep a tiny half-smile on your face and sense a radiating of kindness outward with the outbreath and breathing in kindness with the inbreath and you go about your day.

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