

Seeds of Kindness

- 1. Make your body comfortable.
- 2. Place your hands over your heart.
- 3. Close your eyes and take slow, deep breaths in and out.
- 4. Imagine that you are planting a seed of kindness in your heart.
- 5. Breathe into the seed. Imagine your breath makes the seed sprout.
- 6. Open your eyes.

