

Mindfulness for Others

Remember, if you need a reset, chances are your students are needing it, too.

We are going to begin by taking a moment to reset. I am in need of a moment of calm, and maybe you could use this right now, too. Please know that you do not need to participate with me. It is a choice, but whether you choose to join me or not, your response in this moment shouldn't ruin the experience for those who are wanting this reset. It may feel awkward or uncomfortable the first time you reset, but your heart and mind will thank you after.

I would ask that you close their eyes if you feel comfortable, or find a spot on the floor to softly gaze at. This reset takes only about two minutes, and during this time we are quiet, not whispering or looking around the room, trying to catch the eyes of a friend. This is your two minutes of peace and calm.

If you are choosing to participate, repeat these words after me.

May we be safe.

May we be healthy.

May we have compassion for those who are hurting.

May we be full of compassion for those whose lives we do not understand.

May we be kind.

May we be at peace.

May we be filled with love.

Now bring to mind someone who might need a little extra kindness today. This could be someone who you know that is really hurting right now. Or this could be someone who is really annoying you or you feel anger towards. Whoever that person is, imagine holding them right here next to your heart.

May they be safe.

May they be healthy.

May they have compassion for those who are hurting.

May they be full of compassion for those whose lives they do not understand.

May they be kind.

May they be at peace.

May they be filled with love.

I sort of feel like the world could really use this right now. So, let's think of our dear brothers and sisters around the world who are inflicted with pain as well.

May the world be safe.

May the world be healthy.

May the world have compassion for those who are hurting.

May the world be full of compassion for those whose lives they do not understand.

May the world be kind.

May the world be at peace.

May the world be filled with love.

And then let's turn those thoughts toward ourselves as well.

May I be safe.

May I be healthy.

May I have compassion for those who are hurting.

May I be full of compassion for those whose lives I do not understand.

May I be kind.

May I be at peace.

May I be filled with love.

Be well, my friends. You are not alone.