

## A WORKING DAY

### LOVING KINDNESS MEDITATION

Sitting or lying comfortably, just focussing on the moment.

I know time is of the essence, however setting up your day with a positive intention will have many benefits. I would encourage you to try for a while and then assess whether it's worth your time and a priority in your life. Sometimes I practice this in my car when I arrive at work.

Take a deep breath and say to yourself in your mind (thinking of your heart) You can put your hand on your heart if it feels right.

*May I be Well*

*May I be Happy*

*May I be Safe*

*May I be Love*

*May I live in Peace*

Take a deep breath and say to yourself in your mind (thinking love from your heart to your family and loved ones).

*May my family and loved ones be Well*

*May my family and loved ones be Happy*

*May my family and loved ones be Safe*

*May my family and loved ones be Love*

*May my family and loved ones live in Peace*

Take a deep breath and say to yourself in your mind (thinking kindness, caring and compassion to all ).

*May everyone I work with and care for today be Well*

*May everyone I work with and care for today be Happy*

*May everyone I work with and care for today be Safe*

*May everyone I work with and care for be Love*

*May everyone I work with and care for live in Peace*

With Love and Kindness in my Heart I bless this day

### THE MINDFUL NURSE AUSTRALIA

Starting every work day with loving kindness is such a positive and powerful intention.

When people are stressed or struggling at work as well as providing the physical assistance I will also respond in my mind by affirming

May you be Well,  
May you be Happy,  
May you be Safe,  
May you be Love,  
May you live in Peace

*Remember to always practice loving kindness meditation to yourself first.*

*You simply cannot give something that you do not have for yourself first.*

In Loving Kindness

Lucinda

