

Heartfulness

SENDING KIND THOUGHTS



May you be Safe

May you be Healthy

May you be Peaceful

May you be Happy



May you be Calm

Who did you send Kind thoughts to?

How did it make you feel to send kind thoughts

HEARTFULNESS Challenge:

Go to a place with many people nearby. Send kind thoughts silently in your mind to some of the people. If you are upset about something this week, try sending kind thoughts to yourself. Notice how you feel.