Heartfulness

Sending Kind Thoughts

May you be Safe
May you be Healthy
May you be Happy
May you be Peaceful
May you be Calm

Who did you send kind thoughts to?

[Blank lines]

How did it make you feel to send kind thoughts?

[Blank lines]

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.