Heartfullness Exercise:  
good things make your heart fill up

Hands over your heart, eyes closed resting comfortably
“May I be happy”
Wish this for yourself
Remember a time you were happy
Feel it in your heart
“May I be healthy”
Wish this for your self
Totally strong, like a mountain
“May I be peaceful”
Totally relax and melt away
Let your shoulders go down
“May I be”….anything you wish to be

Slowly open up your eyes and open up you hands a little bit and send really good wishes to someone you really like, like sending a text message, a big heart message
“May you be happy”
Imagine a smile on their face
Shooting out happiness from you to them

“May you be safe”
Imagine them in a very safe place, feeling totally safe

“May you be healthy”
Imagine them robust, full of life

“May you be peaceful”
Imagine them at peace, lying on a hammock relaxing

Bring out your arms even further and envision the entire world in these next steps
“May everybody be happy”
“May the whole world be safe”
“May the entire world be healthy”
“May the whole world be peaceful”