



What I wish for my family

Welcome to the RelationKit mindfulness series. Today, you'll think about what you want for those around you and picture your family thriving with love, peace and happiness.

So, find a restful posture one that is relaxed but still alert. Gather your attention and invite it inwards towards your breath, feeling your body breathing in and feeling your body breathing out, beginning to slow down the energy in your body and mind. Taking a few deeper breaths to help that process of slowing down. Feel the parts of your body that make contact with the support beneath you.

When you feel more settled ask yourself what is it that I wish for myself, from the depth of my mind and heart, when I think about my family relationships? More happiness? Peace? Joy? Meaning? Security? Ask that question and see what pops up: "*What is it that I truly wish for myself?*"

Open your heart and mind now to life within your family, and all the people in it. Feel the love and joy you have for them in this moment and how deeply you care for them.

And then ask yourself the second question: "*what is it I truly wish for my loved ones?*" Start with your child or children. Is it health? Happiness? Safety? Is it ease? How does it make you feel when you imagine your children experiencing these?

What about for your child's other parent? What wishes do you have for them? Peace? Calmness? Understanding? Stability? Listen to your answers.

"What is that I truly wish for my loved ones?"

Then ask yourself the third question what would help me to achieve those wishes? Patience? Tolerance? Listening? Mindfulness? Gratitude? Empathy? Compassion? Working together as a team supporting each other through the tough times?

What will contribute to the peaceful family home life you wish to create? What might support you all through the obstacles and challenges that you face as a family? Recognising that they can help you grow stronger.

Wishing these for yourself and your loved ones now, picturing your family thriving with peace, love and happiness.

And with this awareness, perhaps finish your meditation with these silent phrases, using your own words if they feel more appropriate:

I wish you happiness

I wish you find peace

I wish you find it easy to be yourself.

Come back to your breathing now, in a way of returning your attention back to yourself and back into your body, noticing the points where your body makes contact with the support beneath you.

And take this moment to notice how simply setting intentions in this way can energise and motivate you in a new way.

And when you are ready you can slowly open your eyes.

Have a lovely day, and I'll see you next time.