



How to do something spiritual – examples for your 5-a day

Direction meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

I do not know which way to go

I feel powerless to choose between the options before me

Let me find the wisdom to see the right path for me

And the courage to follow it.

Rest meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

I am so tired

Let me rest

Renew my energy

Help me to face the day

Peace meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

Let me send peace to the world

Peace to this country

Peace to my friends and my community

Peace to my family and my loved ones

Let me find peace and let me to give it to others.

Inner Peace meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

My mind is restless and my heart is troubled

I am worried, stressed and fearful.

Let me find inner peace and take away my fear.

Family meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

Send Love to my family

Keep them safe, protect them,

give them happiness

and care for all their needs.

Justice meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

I see injustice, inequality and intolerance all around me.

Let me make things right.

Let me find courage to fight for justice and to stand up for the weak.

To speak up for the ignored and to support the poor and the hungry.

Let me treat others as I would like to be treated.

Environment meditation

Sit in a quiet or peaceful place. Close your eyes. Breathe deeply and slowly. Say the following words either to yourself or out loud (whichever feels right for you)

The world is wonderful

Let me acknowledge the harm we have done

Let me have the courage to speak,

The strength to make sacrifices

And the will to change

Let my actions heal the world

Strangers

When out in a public place notice strangers around you.

Silently wish them well and wish good things for them.

Notice the good in people.

Breathing

Take a moment to sit still and take slow deep breaths.

As you breath in think of the things you can be grateful for. Good parts of your day, things that you enjoy, things you find beautiful, acts of kindness. Breathe in the good thoughts and be grateful for them.

As you breathe out think of the negative things in your life. The frustrations, the worries, the hurt. Breathe out the negative thoughts and let go of them.

Walking

Go for a walk and be mindful of all of the sights and sounds around you. Marvel at the wonder of nature or the magnificence of architecture. Maybe walk around your home or workplace and really pay attention to it. Notice all of the things you take for granted.

Be grateful for the wonderful world around you or for the roof over your head or the place to work and provide for your family etc.

