

Meditation on Friendship

Find a comfortable place to sit and close your eyes. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Deep breath *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Think about someone you wish would give you a special valentine. *(pause)*

What is special about this person? *(pause)*

How do you feel when you are around this person? *(pause)*

What do they say or do that you really like? *(pause)*

Why do you want to be their friend? *(pause)*

Think about another person you wish would give you a special valentine. *(pause)*

What is special about **this** person? *(pause)*

How do you feel when you are around **this** person? *(pause)*

What do **they** say or do that you really like? *(pause)*

Why do you want to be **their** friend? *(pause)*

Think about who might want to receive a special valentine from you. *(pause)*

What would they say is special about you? *(pause)*

How do you think they feel when they are around you? *(pause)*

What are some things you say or do that they might really like? *(pause)*

Why do you think they would want to be your friend? *(pause)*

Think about someone else who might want to receive a special valentine from you. *(pause)*

What would **they** say is special about you? *(pause)*

How do you think **they** feel when they are around you? *(pause)*

What are some things you say or do that **they** might really like? *(pause)*

Why do you think **they** would want to be your friend? *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Cross your arms and wrap them around your body in a big hug.

Squeeze as little or as tightly as you like. *(pause)*

As you continue to hug yourself,

take another deep breath *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Then let your arms drop into your lap and open your eyes.