

Movement Meditation: Empathy

(Remove shoes)

Stand (or sit) with feet firmly on the ground, one hand on your chest and the other on your belly

Breathe in slowly, and feel the air move into your body.

Breathe out slowly, and feel the air move out of your body. (2X)

Not every day is a 'feel good' day. Tense whole body with arms bowed at sides (like a monkey) and fists clenched

Sometimes we feel mad, Make a scowling face and hold fists up like ready for a fight or confused, Make a confused face and flutter hands as if searching for something or scared. Make a scared face and clutch arms around torso

We want to hit somebody Stand with legs apart and punch left, then right with fists so they will feel bad too. Crumple into ragdoll pose (bend at waist with face toward knees and arms dangling at your side)

But then we remember. Raise head and torso slowly, bringing hands up to form small cross over heart

Everyone deserves to feel safe. Sweep arms out in a large circle and back to hug self.

We are all warmed by the same sun, Raise hands above head and bring them downward as if scanning body

standing on the same ground. Lift first one foot and then the other, stepping to the side to form an inverted 'V' with legs and hold arms out in a similar inverted 'V'

God, when we feel like hitting others Stand with legs apart and punch left, then right with fists help us use kind words instead. Raise hands above head and bring them downward until hands rest crossed over heart

Key words (for flow): **us, others, earth, God**