

# Mindfulness Wednesday

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# Friendly Wishes for Difficult People

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1. Lie down or sit in a comfortable position and closed your eyes.
2. Bring to mind an image of a person who is difficult for you to be around, but whom you'd like to wish well.
3. Visualization
4. Now open your eyes. If you're lying down, sit up slowly. Take a breath and notice how you feel.
5. How did you feel before you sent friendly wishes? Was it easy or hard to do? How did you feel after sending friendly wishes? Did it change your perspective?

Imagine that you feel happy. Imagine that you're smiling, laughing, and having fun. Don't worry if you don't feel happy right now. Just picture yourself laughing, hanging out with friends, or doing something that you love to do.

Then, in your own words, silently say something like this: I want to be happy. I want to be healthy and strong. I want to be safe. I want to feel lots of love. I want to feel content and peaceful.

Bring back the image of the person you find difficult, but whom you'd like to wish well. Remember, you don't need to change your feelings toward him or her. In your own words, silently say something like this: I want you to be healthy and content. I hope that you're safe and feel peaceful. Choose words and good wishes that you're comfortable saying and repeat them silently.

# Resting and Noticing

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1. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you're comfortable doing so.
2. Let's find our breathing anchor again, just like we did before. Take a moment to notice where you feel your breathing the most. Near your nose? Your chest? Your belly? Let's rest in the feeling of your breathing together, paying attention to our anchor.
3. When you breath out, see if you can lightly rest your attention on your out-breath and stay with it all the way to the end. Let's do this for a few breaths.
4. Now, pay special attention to your in-breath: simply rest in the natural rhythm of your breathing.

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5. Thoughts and emotions bubble up naturally, but we try not to think about them too much. The next time you notice a thought or emotion, just say the word thinking silently to yourself and then rest and feel the natural rhythm of your breathing again.

6. The next time you say the word thinking silently to yourself, notice your tone of voice.