

The Heart of love

GUIDED MEDITATION FOR CHILDREN



"The Heart of Love: A Special Valentine's Meditation"

Introduction

Hello, little friend! Today, we are going to celebrate love, especially the love we have for our friends and family. Find a comfortable place to sit. Gently close your eyes and take a deep breath... Inhale... and exhale. Once more, take a deep breath in... and slowly breathe out. Great job!

Imagining a Heart Full of Love

Now, imagine that you are holding a big, bright heart in your hands. This heart is colorful and glowing. Inside, there are all the people you love: your close ones, friends, and everyone who matters to you. Think about what makes each of them special. Maybe someone makes you laugh, or others bring you comfort. Let these warm thoughts fill your heart.

Feeling the Love

Place your hand on your heart. Listen to it beating. Imagine that with each beat, love is being sent to everyone you care about. Think of a special moment you shared with someone: maybe a hug, a laugh, or playing together. Feel the joy of those memories and let that love fill your whole body.

Sending Love

Now, imagine sending little beams of love to your friends and family. Each time you think of them, a little light flies from your heart to theirs. Picture a message you would like to share: "I care about you," or "You mean a lot to me." Visualize these lights surrounding them and making them happy.

Conclusion

Before we finish, take a big breath. Inhale... and exhale. When you open your eyes, remember that love is something we can share every day. You are all filled with love, and that's what makes you so special! Open your eyes gently when you're ready. Happy Valentine's Day to everyone!