

## A Partner meditation



This is a beautiful meditation that can be done with a partner. It could be done with a significant other, a child, a friend, a sibling, and even a co-worker, if you're both open enough to the idea.

**Begin by printing two copies of this article.** Sit in a cross-legged position on the floor or a bed, facing each other. Get as close as you feel comfortable and place your copy of this meditation in your lap or a place where you can easily read it. We've put it in a bigger font so it's easy to read without having to hold it close. Begin by quieting the room. You can even turn on music.

**BOTH:** Take a deep breath. Take another, and another. Try to match your partner's breathing by carefully tuning into him or her.

**PARTNER ONE:** SAY THIS ALOUD TO PARTNER TWO:  
"take a deep breath and as you breath in, breath in peace, relaxation, calm and joy"

**BOTH:** Wait a moment for that action to take place.

**PARTNER TWO:** SAY THIS ALOUD TO PARTNER ONE:  
"take a deep breath and as you breath in, breath in peace, relaxation, calm and joy"

**BOTH:** Wait a moment for that action to take place.

{continue the rest of the meditation with each partner taking a turn to say the line aloud to each other and then pausing a moment for the action to take place, as above}

As you breathe out, imagine that you're placing all of your worries into my arms. Let me hold your burdens for you for a moment.

Here I hold all your worries, your cares, your sorrows, your burdens. I honor them for the strength they've given you and for the lessons they've taught you, and now I let them dissolve into the air for the universe to hold.

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Now that you've let go of your burdens for this moment, take another deep breath and again, let it fill you with peace and calm. Repeat this breath several times and as you breathe out, let any last bits of tension leave your body.

NOW:

*imagine*

I'm gathering up all the love I can collect.

*imagine*

I've scoured the four corners of the earth and I've packed up all the love I can find in people and animals and trees and plants and oceans and lakes and sunrises and sunsets and the moon and the stars and music and dances and art.

*imagine*

that I'm pouring it all into your soul.

*imagine*

you're getting stronger and brighter and happier as you take it all in.

NOW:

*let it be there*

It is yours to have because there is no end to love.

*I honor the divine in you...*

Peace be with you!

Namaste,

*melissa chappell*

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