

Kindness Practices

Caring for Our Senses

Seeing

- May my right eye be bathed in wellness
- May my left eye be bathed in wellness
- May both eyes be bathed in wellness
- May wellness pervade my seeing, may my seeing manifest wellness

Hearing

- May my right ear be bathed in wellness
- May my left ear be bathed in wellness
- May both ears be bathed in wellness
- May wellness pervade my hearing, may my hearing manifest wellness

Smelling

- May my right nostril be bathed in wellness
- May my left nostril be bathed in wellness
- May both nostrils be bathed in wellness, spreading to encompass my sinuses as well
- May wellness pervade my smelling, may my smelling manifest wellness

Tasting

- May my upper lip, jaw, and mouth be bathed in wellness
- May my lower lip, jaw and mouth be bathed in wellness
- May my tongue be bathed in wellness
- May my whole tasting organism be bathed in wellness
- May wellness pervade my tasting, may my tasting manifest wellness

Touching/Feeling

- Wishing wellness to my felt sense in three ways:
 - From the bottom up, like a tree
 - From the top down, left side, right side, from head to ground
 - From bottom up, like a fountain

Crown

- May wellness pervade my knowing
- May my knowing manifest wellness
- May all beings throughout the universe experience wellness
- May the wellness of all beings reflect back to me, nourishing me and each being in a living fabric of mutually-supported wellness

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