

Get Along Better with Everyone (and feel less stressed as a result) Transcript

This is Atman Smith.

Interacting with other people is part of life. That's all fine until we encounter someone who really annoys us or we just don't get along with. Being around people we find challenging can make any situation tense and uncomfortable. And that's stressful.

This practice helps to diffuse that stress and tension by cultivating kindness and friendliness first toward ourselves, then letting those positive feelings spill over to everyone in our lives, even the people that bug us the most.

Let's try it now.

Inhale deep, fill your stomach up with air, exhale, push all that air out. Inhale deep, fill your stomach up with air, exhale, push all that air out. Inhale one more time filling your stomach up with air, exhale, push all that air out.

Now, begin having your own natural breathing rate, in and out of your nose, putting no effort into it, just a nice relaxing breathing rate.

We now invite you to start using your imagination. With every inhale, imagine that you're bringing in all the positive energy from the Earth inside your body with the in-breath. Feel and see it come in with the breath.

With every exhale, push all the negative energy that's in your body out with the breath. All the stress, anger, sickness, ailments, push it all out with the breath. Really feel and see it leave your body with the breath.

Just like in life, while you try to meditate you may have distractions, whether it be a thought or a sound. If a thought or sound does make you slip out of your meditation, it's alright, acknowledge the sound, but redirect yourself back to the breath, seeing the positive energy come in your body with the in-breath, and negative energy leaving your body with the out-breath.

Next, we invite you to use your imagination to see and feel with every in-breath that you are pulling in all the healing oxygen from the trees, plants, and bodies of water. Feel it replenishing and energizing your internal muscles, bones, and organs.

With every exhale push all the stale carbon dioxide out of your body and feed the trees and plants that gave us oxygen, feel and see that happen. And once again, just like in life, there may be distractions in meditation. If you do get distracted by a thought or a sound, acknowledge that thought or sound, but redirect yourself back to the breath, and seeing and feeling yourself pulling in the healing oxygen in with your in-breath, and pushing out the stale carbon dioxide out with the out-breath.

Next we invite you to think of everybody you love, family or friends, no matter how far away they live, no matter if they are living or not, love knows no boundaries. So send all those people love with

every breath. Whatever that looks and feels like to you, really feel and see that with your breath, sending your loved ones love with that breath.

And just like in life, there may be distractions in meditation. If you do get distracted by a thought or a sound, don't beat yourself up. Just acknowledge that thought or sound, then redirect yourself back to the breath, and seeing and feeling yourself sending love to your loved ones with every breath. Whatever that looks and feels like to you, feel and see that with your breath.

Next, we invite you to think of anyone bringing stress into your life, whether it's family, friends, or people at work or in your neighborhood. Be the bigger person and send those people love with every breath. Whatever that looks and feels like to you, really feel and see that. Send love to those people that stress you out or cause you to get angry, send them love with every breath.

And once again, just like in life, there may be a distraction in this meditation. If you do get distracted by a thought or a sound, don't beat yourself up. Just acknowledge that thought or sound, and redirect yourself back to the breath, and seeing and feeling yourself sending love to those people that cause you stress, with every breath.

Now that we have sent love to people that we love and to people that stress us out, now it's time to send love to the most important person in your life, which is you. Starting with filling your inner foundation with self-love makes it easier to love and serve others without burning yourself out. So, with your breath, send yourself love with the breath. Whatever it looks and feels like to you, really feel and see that with your breath. Sending yourself love with every breath.

We're going to slowly bring ourselves away from the breath, and back to our bodies. So, we can start off just by wiggling your toes and wiggling your fingers. Start rolling your wrists and ankles. Blink your eyes a couple times; then slowly, slowly, open your eyes. Take your time getting up.

Thank you for practicing.