

Harmonising with Kindness

By Abi Denyer-Bewick

A really warm welcome to this month's Moments to Nourish. These 10 minutes are an opportunity to just take a pause in your day. So I'd like to invite you to just take a moment to land inside your body, inside this present moment. Maybe taking a couple of deep breaths, sighing on the out breath. Noticing where you can feel the ground whether you're sitting, lying or standing to see if you can lean into the support of the ground underneath you. Just a little bit more feeling gratitude with unconditional support provided by the Earth. Noticing the rise and fall of the breath, the point of no separation between in breath and out breath. The breath just as a whole.

The tide comes in, the tide goes out. Noticing if there's anywhere in your body that feels like it could benefit from the breath. But perhaps feels a little blocked. Just sending intention for the breath to reach all the way to the fingertips, toe tips, crown of your head. Just want to invite you to recall an experience of kindness, whether that's receiving an experience of kindness or having an experience of being kind. Notice what that invitation evokes in your body. Is there somewhere that feels like a home, the home of silence, inside your body? Noticing if it's simple to access kindness, or if it feels more challenging.

And then recalling something that you've encountered in nature that embodies this quality. Perhaps it's the abundant generosity of spring and summer; flowering, fruiting, these offerings from nature, perhaps they feel kind. Perhaps it's the soft hum of the Bumblebee interacting with the flowers. Maybe there's something about that exchange that feels kind. Maybe it's simply the rain falling on parched land. Leaves opening to receive hydration. Perhaps it's another kind of animal creature you may encounter in nature.

It's softness. It's gentleness. Maybe you had a more than human interaction that filled you with kindness. So recalling or simply imagining this experience. Letting it really fill your body as though your body is becoming a vehicle for kindness. Kindness coming in. Kindness spilling over. Noticing that where you turn your attention it might always be possible to tune into kindness. Noticing again how you're breathing is an act of kindness. Part of being in a reciprocal relationship to life on this Earth. Exchanging. Relating.

If kindness had a color or a texture as it weaves its way through your physical being. If it had a kind of radiance as it sits in your energy body, how might you picture how kindness exists? Just for another moment letting this traveling light beam of kindness hydrate and nourish every cell of your being, reminding you that it's always available to orient yourself towards. Just a couple more breaths, filling out to fingertips and toe tips. Just thanking yourself for taking this opportunity to expand this quality within your body. And perhaps now you can move forward into your day, into your night with just a small pocket full of kind nourishment. And gently returning back into your space a couple of deep breaths and I wish you well into the rest of your day.