



## **Caregiver Support Line – Relaxation Activity**

### **Theme: Relationship Meditation: Restoring Loving-Kindness to Yourself and Your Significant Other**

Intimate relationships are a source of happiness, security, excitement, tenderness, and many other wonderful qualities and benefits. They also can be a source of frustration, disappointment, hurt and heartache. In order to maintain a sense of yourself in the relationship, as well as to manage the ups and downs that happen in all intimate relationships, it will be essential that you have the skills in place to center yourself to find calm or clarity when managing upsets. Meditation can support and ground you, as well as provide calm and clarity. Our hope is that that you may use this exercise to nourish continued loving attention towards yourself and your partner.

This meditation can be done either alone or with your partner.

To begin, please settle into a comfortable place.

You can sit or lie down, whatever is best for you.

Whether sitting or lying down, uncross your legs.

If sitting place both feet on the floor.

Rest your hands in your lap or by your sides.

Be aware of your body being supported by the surface in which you are resting.

You will start by taking a deep cleansing breath, deep into your belly, and then exhale slowly.

Feel your belly rise as you breathe in deeply, and exhale slowly.

Now simply follow the movement of your breath with attention.

Observe the rise and fall of your breathing.

No need to force your breath in any way, just allow it to find its natural depth and rhythm.

You may notice thoughts or feelings come to your attention.



If you are preoccupied with your relationship now, you may find thoughts or feelings about your relationship arise.

If there has been conflict or disappointment in the past, or if there is anticipation or worries about the future, you may find your mind either focusing on what has happened in the past or what is to come in the future.

Notice these thoughts and feelings.

Observe them without clinging to them.

Now, shift your attention from the past or future, and gently bring your attention to this present moment.

In this moment you simply return to the rise and fall of your breathing.

Allow any thoughts or feelings that arise to simply pass gently.

Offer kindness and compassion to yourself; for your struggles and heartaches, for your hopes and wishes, for your fears and worries. Whatever may be stirring within, observe yourself with a kind and loving presence.

Settle into the rhythm of this healing breath.

Allow yourself to bathe in the loving presence of your acceptance and compassion.

Here you are whole.

Within your breath, there is a place of peace.

From this place of peace, bring awareness to your true spirit, allow your unique nature to surface.

Behold your gifts, you are like no other.

You contribute to this life in so many small and significant ways. Notice your contributions.

Reflect on the gifts of your mind, your body, and your spirit.

Nurture these special qualities with your attention.

They radiate warmth and brightness.



Experience their energy and bask in your own inner light.

As you remain surrounded in your own light; now draw your attention to your partner.

Envision your loved one's presence.

Allow yourself to remember, and notice, the physical attributes that you find attractive.

Reflect on the tenderness of their touch, their certain scent, and their special style.

Shine a light on the qualities you love, admire, desire, or respect.

Bask in the light of these qualities that you love.

Be still, and devote attention to these qualities allowing appreciation to wash over you.

Cherishing your partner's special gifts will expand your love and gratitude.

Allow your loving-kindness to wash over your partner, summon forgiveness, summon appreciation, summon acceptance, and awaken your compassion.

Allow your love for them, and for you, to heal you both.

As you are held in this embrace of loving kindness, return your attention to your breath.

There is calm and compassion in the rhythm of your breath.

Within you, there is an infinite well of love.

With attention, you can foster this inner light of love for you and your partner.

Deep within the calm of your breath, this loving light is always available.

As we come to the end of this meditation, allow the awareness of this loving light to remain.

When you are ready, slowly bring your attention back to your surroundings.

Open your eyes, and allow your mind and body to adjust.

Carry the memory of this loving connection forward.

We hope these moments of reflection provided you an opportunity to experience the renewal of love, for yourself and your partner.