

Meditation about respect:

The facilitator can ask the participants to seat in a relax manner and put a soft gentle music and start speaking in a soft but loud enough voice.

I can sit peacefully and allow my mind to rest. I send to my body cool and soft vibrations.

By doing so, I am giving myself the energy of respect. Respect is a soothing, caring, and healing energy that restores higher self-esteem. It restores positive and good relationships with others. Everyone needs and wants to be respected. I can remember in my childhood, youth and adulthood how much I have needed to be respected by others. In this peaceful solitude, I bestow respect on myself with a generous and big heart. I am worthy of receiving respect. Each one of us possesses amazing potentials and the more we give respect to these capacities in ourselves the more they can develop and make themselves useful to us in our life. From this inner state, I can see in others the same capacities and potential that just await to express themselves. I extend towards the people that accompany my life, whether at home, at work, in a family or a community of a whole wild world, this soothing and loving energy and outlook. I can visualize the darkness of lack of self-esteem, criticism and fear dissolving in the rays of these vibrations allowing the people to stand in their beauty and dignity.