



**Compassion for ourselves and all those who pass through the building** (a special meditation I wrote for St. Margaret's Episcopal Church to recognize the new building):

If you're comfortable doing so, please stand in a circle and make contact with the people on each side of you.

Take 3 deep breaths, letting yourself feel your breath with love and compassion.

- On your next *in* breath, *inhale* the love in this room.
- On your next *out* breath, *exhale* love for everyone in this room.
- *Inhale* the love in this room; *exhale* love for everyone in this room.
- Do this for a few more breaths.
  
- On your next *in* breath, *inhale* gratitude to yourself for having made the decision to be here today.
- On your next *out* breath, *exhale* gratitude to all who made it possible for you to be here today.
- *Inhale* gratitude to yourself for being here; *exhale* gratitude towards all who helped you be here.
- Do this for a few more breaths.
  
- On your next *in* breath, *inhale* compassion and love to yourself.
- On your next *out* breath, *exhale* compassion and love to all who will pass through this room in the years ahead.
- *Inhale* compassion and love for yourself; *exhale* compassion and love to all who will pass through this building.
- Do this for a few more breaths.

When you're ready, slowly open your eyes.

*Thank you.*