

# ENCOUNTERS WITH EMILY - Term 3 Week 5

Greeting everyone,

With this weeks values of **Kindness** and **Honesty** I thought I would use this time to remind us how much of an effect it can have on us and the people around us. Firstly we need to be honest and true to ourselves. We know when we are not being authentic. We can feel it in our hearts. And whether you believe it or not people can see this through your body language.

So remember the way we feel about ourselves has a major effect on our lives. The way we treat ourselves is a message to other people about our level of love. Please be kind, gentle and honest to yourself first. This is called living self-love. I have attached a link about the benefits to loving-kindness and a meditation for you to use. <https://gozen.com/love/>

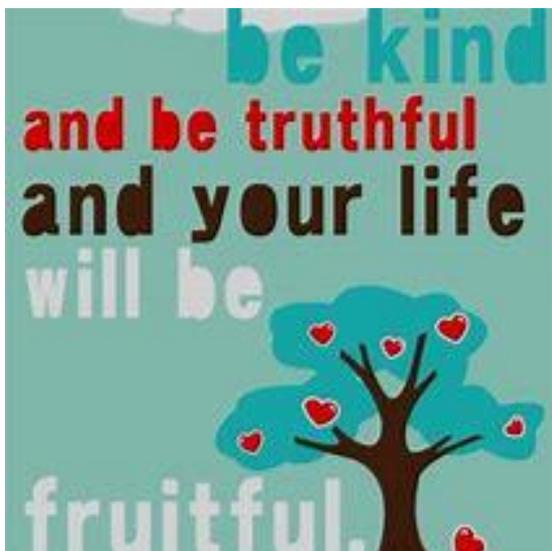
**What is it?** **Loving-kindness** is a meditation focused on nurturing compassion, **kindness**, goodwill, and love for oneself and others. While the **loving-kindness** meditation or LKM originates in Buddhist traditions, it's now practiced widely across cultures and is the focus of extensive research by social scientists.

**Why is it good?** LKM has the remarkable ability to improve well-being by changing the brain, heart, and one's perspective on life.

**How do you do it?** Try this loving-kindness link attached that was written for children. This script is based on the traditional LKM where you first send love and kindness to yourself, then to those you hold dear like family and friends, next people you may not hold dear, and then to the universe. In the end, the universe sends all that love you sent out back again to you.

Have a great week and go in peace!

Cheerio, Emily



## The Protective 3



BRAVE



GRATEFUL



HOPEFUL

Brave – you can't be brave without being afraid.

Grateful – you can be thankful in each moment.

Hopeful – a hopeful heart makes many things possible.

