



Meditation

Compassion Cultivation

Studies show that spending only five minutes per day thinking about what you like about your partner increases your feelings of connection. This compassion meditation will support you to heal and strengthen your relationship through loving kindness.



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Entry

Bring your awareness to an inner feeling of deep tenderness for yourself. Focus on the sensations in and around your heart. Glow in the energy of your loving kindness and repeat these words:

May I be safe

May I be happy

May I be healthy

May I be free of suffering

May I live with ease

Now bring to mind an internal vision of you and your partner in one of your most difficult moments. Be aware of your partner's feelings of hurt, fear, anger, or resentment and hold them in unconditional loving kindness. Be aware of a shining light illuminating from your heart to theirs and repeat these words to them:



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May you be safe
May you be happy
May you be healthy
May you be free of suffering
May you live with ease

Reintegration

Take a low and slow breath and gently open your eyes. Place your hand on your heart and set the intention to walk through your day with the awareness that your loving energy travels as light—it travels fast, far and wide.

**“Your loving energy travels as light—
it travels fast, far and wide.”**



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