

Mother of All

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. Imagine that you are your own mother and your own child. The child that wants to be entertained and distracted is looking for satisfaction, and the mother whose unconditional love wants to steer the child towards the right path. Feel the love of a mother for yourself; embracing, caring, supportive, helpful and concerned.

2. Now imagine the person next to you as your own child, and you are the mother, caring and supporting, wanting to help, showing concern.

3. Now imagine yourself as the mother of everyone around you. Embrace each person with warmth and caring, support and helpfulness, unwavering love, just as a mother has.

4. Imagine your parents reversing the roles. They are your children, and you are their mother. Embrace them with love, support and helpfulness, sooth and care for them. Just as a mother loves her child, unconditionally.

5. Imagine the people who are nearest and dearest to you, and embrace them with the love that a mother has for her children—unwavering, supportive and helpful.

6. Imagine your close friends and feel yourself as their mother. Embrace them with the love that a mother has for her children, caring and concerned, nonjudgmental.

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7. Imagine all the people who pass through your life occasionally or often. Near or far. Make them all your children, be their mother. Embrace them, helpful and supportive, caring and concerned, always accepting.

8. Imagine a person that you feel has wronged you or that you dislike. Feel that person is your own child. Children often present problems, but a mother's love is unconditional. Embrace the difficult person with unwavering love as a mother would do.

9. Now imagine all people of the world are your family and let a mother's unwavering love stretch out to the four corners of the world, reaching as many people as you can with caring concern, compassion and love.

10. Embracing them and making your heart a heart of love.

11. Now bring your attention back on yourself and feel a mother's love for yourself. Feel the unwavering, unconditional love and concern that protects you, and supports you, and accepts you. Embrace the love that makes you feel safe and at ease.

12. How will you take what you learned from this forward into your life?

