Meditation on ease and joy

Breathing in, I’m aware the body is breathing in.

Breathing out, I’m aware the body is breathing out.

In, out.

Breathing in, I breathe in a way that brings ease to the body.

Breathing out, I breathe in a way that brings joy to the body.

Ease to the body, joy to the body.

Breathing in, I breathe in a way that brings me ease.

Breathing out, I breathe in a way that brings me joy.

Ease, joy.

Breathing in, I breathe in a way that brings ease to this community, to the sangha.

Breathing out, I breathe in a way that brings joy to the community, to the sangha.

Ease to the sangha, joy to the sangha.

Breathing in, I breathe in a way that brings ease to my ancestors.

Breathing out, I breathe in a way that brings joy to my ancestors.

Ease to my ancestors, joy to my ancestors.

Breathing in, I breathe in a way that brings ease to my descendants.

Breathing out, I breathe in a way that brings joy to my descendants.

Ease to my descendants, joy to my descendants.

Breathing in, I breathe in a way that brings ease to the Earth.

Breathing out, I breathe in a way that brings joy to the Earth.

Ease to the Earth, joy to the Earth.