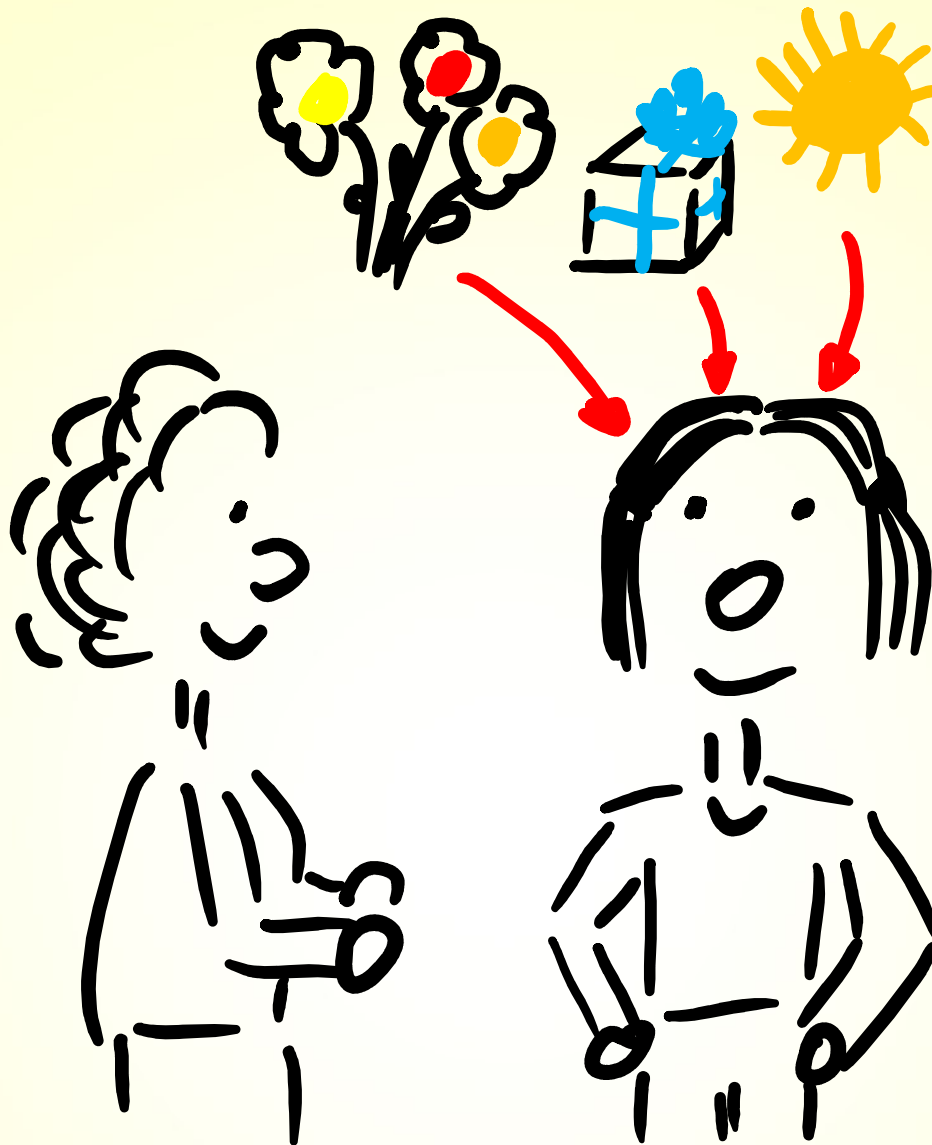


Gift your special Goodness



As the part imagine your special collection of goodness and send it to sentient beings or the world as a stream of goodness. Later send it to other parts of your self.

Gift your special Goodness

Be the full part (“I am XXX”). Create your individual package of goodness, that you want to give to the world, other beings, other parts and/or the daily self. It is not required to be pleasing or to fulfill anybody's wishes. Now send this goodness like a stream of light out to where you want to gift it. Start with a beings you like. Proceed later to other beings. And finally send it to other parts of yourself. You might even become a real friend of the self or other parts.

Nice Videos: [Loving Kindness](#)