

LOVING KINDNESS MEDITATION

Bring your attention to the area of your heart. Breathe in and out from your heart. Let the breath be gentle and natural. Feel your heart become soft and warm. Breathing in and out of your loving heart. Stay with the breath for a few minutes.

It might help if you imagine a person, animal, scene or image that fills you with warm, loving, accepting, and kind feelings. Fill yourself up with these positive emotions, sense them in your body. Breathe deeply.

If you want to repeat this meditation by **Sylvia Boorstein**:

May I feel safe and protected
May I feel happy and grateful
May I feel strong
May I live with ease
Repeat silently to yourself

Or you might prefer these phrases by Jack Kornfield instead

May I be filled with loving kindness.
May I be well.
May I be peaceful and at ease.
May I be happy.

Adjust the words so that they feel right for you, helping you connect with your own loving heart:

As you repeat the words and see the image **let the feelings permeate your body and your mind.**

May I feel safe and protected
May I feel happy and grateful
May I feel strong
May I live with ease

At times this may feel awkward or hard or bring up contrary feelings of irritation or anger...Just be open and accepting of these feelings if they arise. If you practice this meditation over many weeks the feelings of love toward yourself will grow and strengthen.

2. Now if you'd like picture or sense anyone else that you would like to hold with loving kindness. And if you want to again repeat the meditation:

May you feel safe

May you feel happy

May you feel strong

May you live with ease

3. Focus on Another more problematic person

May you feel safe

May you feel happy

May you feel strong

May you live with ease

4. If you like send loving kindness out into the universe:

May you feel safe

May you feel happy

May you feel strong

May you live with ease