



## Loving-Kindness Meditation



Loving-kindness meditation is a practice for offering compassion to yourself and others. Loving-kindness is described as unconditional love. This is a meditation of care, concern, tenderness and friendship – a feeling of warmth for oneself and others.

As it is taught, the meditation begins with offering positive wishes to yourself, followed by sending those same wishes to someone you feel neutral towards, and then sending those same wishes to someone you have difficulty with.

It's important to choose phrases that feel right for you. You may **pick three** from the following, or **create your own** compassionate statements you would like to work with.

May I be happy.

May I be safe.

May I be well in mind and body.

May I give and receive appreciation.

May I be peaceful.

May I be filled with loving-kindness.

**Begin with yourself.** Breathe gently, and inwardly repeat your three compassionate phrases directed to your own well-being. It is natural for this to feel awkward at first. Stay with the practice until it feels comfortable. Start small and work towards focusing on yourself for five to ten minutes. Set a timer if it is helpful.

**The next step** is to offer the same phrases to someone you feel neutral towards. This might be a store clerk or someone you see on your daily commute, but don't know personally. Replace the "I" in your phrase to "you".

**Lastly**, offer the same phrases to someone you have difficulty with. This may be a family member, friend, or a co-worker. Again, replace the "I" with "you".

**\*Benefits of the loving-kindness meditation are best experienced when the practice is repeated on a regular basis.**