

Loving kindness meditation



Think about someone you love (or a pet)

“May I be happy, may I be well, may I be filled with kindness and peace”.

“May you be happy, may you be well, may you be filled with kindness and peace”.

Think about someone who has hurt you, visualize them. .

Say these words

May you be happy, may you be filled with peace.

May I be happy, may I be filled with peace

May we be happy, may we be filled with peace

Continue to whisper for 60 seconds anytime of the day. You can do this up to 12 to 20 minutes.

After you finish envisage that person you felt hurt by and see if your feelings have softened.

Mindfulness exercise - Mindfulness is awareness of present experience with acceptance and with no judgement. Be open and curious and allow and acknowledge what is there.

Show empathy toward yourself or a good friend

- 1. Find a comfortable seated position. Close your eyes. Allow the body to be held by the chair. Notice the bodily sensations of contact with the chair.**
- 2. Relax your abdomen. Notice that the breath is already moving on its own. Let yourself be in your body**
- 3. Think about a visual image or memory that evokes a feeling of friendliness toward yourself**
- 4. Now imagine sending friendly warmth toward this image or representation of yourself. (if you are having trouble doing this, imagine your good friend sitting next to this image of yourself and offer warmth to both you and your friend. Or imagine your friend offering friendly warmth (lovingkindness) to you and reflect it back at them)**

You can also focus on your breath, a word, a mantra, say sa-ta-na-ma while touching your fingers or spell out L O V E. It is the repetition of a meaningful word or phrase with a motor activity that enhances neural performance.

It is also helpful to move while you meditate. Walk slowly or rub your hands together or touch your fingers or rock & chant a word of your choice eg Love or peace.