

LOVING-KINDNESS MEDITATION

Choose a quiet and comfortable space where you won't be interrupted. Sit in a relaxed yet alert posture. Begin with self-compassion as you close your eyes and focus on your breath. Begin by directing loving-kindness towards yourself. Repeat phrases like: "May I be happy." "May I be healthy." "May I be safe." "May I be at ease." Once finished, extend kindness to others. Gradually, expand the circle of compassion. Direct your thoughts towards someone you care about—a friend, family member, or colleague—and repeat the phrases for them: "May you be happy." "May you be healthy." "May you be safe." "May you be at ease." See if you can widen the circle further, by extending your well-wishes to a neutral person, someone you may not have strong feelings for. Repeat the phrases for them. As your practice deepens, include individuals you may find challenging. This could be a colleague or someone with whom you've had difficulties. Wish them well, repeating the phrases sincerely. In the final stage, extend your loving-kindness to all beings universally. Envision your compassion radiating outward to embrace all living things.

Examples of Loving-Kindness Phrases may include things like:

For Yourself:

"May I be filled with loving-kindness."
"May I be safe from inner and outer harm."
"May I be well in body and mind."
"May I be at ease and happy."

For Others:

"May you be filled with loving-kindness."
"May you be safe from inner and outer harm."
"May you be well in body and mind."
"May you be at ease and happy."