


5 MIN

LOVING KINDNESS PRACTICE

1 Find a comfortable position

Begin noticing the points of contact between your body and the chair or floor. Then, inhale deeply into your lower abdomen. On your exhale, wrap your arms across your chest in an embrace, and take several deep breaths in this way.



Taking care to allow each word to hold its full meaning, silently affirm to yourself:

*May I be happy; May I be safe; May I be at ease;
May I be peaceful.*


Feel the full weight and warmth of each word's meaning. Repeat this cycle of phrases several times.

2

Receiving
Loving
Kindness

3

Sending
Loving
Kindness



While continuing to hold these intentions of loving-kindness, call to mind a loved one, and affirm: *May they be happy; May they be safe; May they be at ease; May they be peaceful.* Allow yourself to experience the love that you feel for this person. You may do this several times for different people in your life.

Complete the practice returning to yourself with compassion, repeating: *May I be happy; May I be safe; May I be at ease; May I be peaceful.* Following this, you might enjoy the warm silence before returning your attention to the world around you.

4

Return
to
yourself