



Care Nurture Grow

Loving-Kindness Meditation Practice

Steps for practice

Step 1: Offering Kindness to Yourself

Bring your attention to your heart or another place in your body that feels grounding.

Silently repeat the following phrases, or adjust them so they feel authentic to you:

- May I be safe.
- May I be calm and at ease.
- May I be kind to myself.
- May I accept myself as I am.

Step 2: Forgiveness and Compassion

If it feels okay, bring to mind something you are holding against yourself such as a mistake, regret, or moment of self-criticism.

Repeat:

- I am human, and I am learning.
- May I offer myself forgiveness.
- May I release what no longer serves me.

Step 3: Closing the Practice

Take one final deep breath.

Notice how your body feels and any physical sensations. When you're ready, gently open your eyes or return your attention to the room.

You can return to this practice anytime you need grounding, reassurance, or emotional softness.

Set the stage

Find a comfortable position

Sit or lie down in a way that feels supportive. Gently close your eyes or soften your gaze.

Begin with the breath

Take a slow breath in through your nose, and a gentle exhale through your mouth. Repeat this 2–3 times, allowing your body to settle.

If your mind wanders

Gently return to the phrases without judgment. It is normal for this to happen several times during the practice.