

Loving-Kindness Meditation



2,500 year old spiritual practice

Loving-kindness Meditation

Become comfortable in your chair or cushion, sitting with a relaxed but straight, posture, with your shoulders relaxed. (Pause)...

Allow your hands to rest comfortably in your lap. Gently close your eyes... (Pause)...

Settling into awareness of the body...and the breath.

Feeling into your body right now...noticing what's here.

Open to whatever is to be experienced in the body in this moment

In this practice, we'll be cultivating loving kindness. We all have within us, this natural capacity for lovingkindness. Or...friendship that is unconditional and open...gentle...supportive.

Lovingkindness is a natural opening of a compassionate heart...to ourselves and to others. It's a wish that everyone be happy.

We begin with developing lovingkindness toward ourselves...allowing our hearts to open with tenderness,

Begin with 5 deep slow breaths through the nose to the count of 5...hold for the count of 3 and then release slowly through the mouth to the count of 10.

Connecting to the breath...noticing the wave-like movements of the belly...

Now direct the Loving-Kindness Meditation to yourself...

May I be filled with loving-kindness

May I be well

May I be peaceful and at ease

May I be happy

May I love myself

I deserve to love myself and be happy

Loving- Kindness Meditation

Now direct it towards those you love

May you be filled with loving-kindness

May you be well

May you be peaceful and at ease

May you be happy

May you love yourself

Now reflect on your life and all the goodness allow it to fill you up, experiencing joy & compassion for all of life.



Awakening Human Awareness