

Loving Kindness Meditation

Take a seated position, with your back straight and your feet on the floor, your hands resting comfortable in your lap. Take a few moments to just be, noticing the sounds, smells, and feelings, allowing yourself to settle down, turning your attention to your breathing.

Do three or four circular breaths to become conscious of your breath and to center your mind, then just relax.

Without manipulating your breath any more, notice the feeling of air moving in and out of your nose and the easy, natural way that your body moves.



Imagine yourself in a beautiful place.

As you continue breathing in and out, say to yourself, "May I be happy and free of suffering."

Next, imagine a new person entering your beautiful place. This is a person you care for a great deal. Again, as you continue breathing in and out, say to yourself and that person, "May you be happy and free of suffering."

Now move to another person entering your beautiful place. This is a person who provokes no feeling of like or dislike, a neutral person. It could be a bank teller or a waiter you recently interacted with. As you continue breathing in and out, say to yourself and the other person, "May you be happy and free of suffering."

Now move to another person, a person who provokes feelings of dislike. Again, as you continue breathing in and out, say to yourself, "May you be happy and free of suffering."

Now if you have a difficult time doing this with a person you very much dislike or are having a hard time with, you can turn this person into a childlike version of themselves.

Finally, extend these feelings of love and kindness to the world, to all living beings.

Bring them into your special place, and say to yourself, "May all beings be happy and free of suffering."

Take a minute or so with your eyes shut to imagine this world where all beings are happy and free of suffering.



When you are ready, open your eyes and rejoin the world and your daily routine.