

## Loving Kindness Meditation for Oneself

<http://summitmindfulness.com/2020/01/loving-kindness-meditation-for-oneself/>

Loving kindness meditation is a method of developing compassion. It comes from the Buddhist tradition, but it can be adapted and practiced by anyone, regardless of religious affiliation. It is essentially about cultivating love. It focuses on developing feelings of goodwill, kindness and warmth towards ourselves and others that is unconditional. It is a quality of the heart that simply wishes well to all beings without seeking anything back in return.

Loving kindness meditation for oneself is a very effective way to start befriending ourselves and treating ourselves with gentleness, care, kindness and love. It counteracts the voice of the harsh inner critic that we all have within us. From this place of self-compassion, we are likely to become less critical of ourselves when we make mistakes. The more loving and patient we are with our difficulties, the less lost we are in reactivity thereby leading to wiser choices and wiser actions. We are also likely to dissolve our past aversive experiences with other people and to let them go instead of letting them affect us in adverse ways.

It is very easy to perform loving kindness for our loved ones and benefactors but it is more difficult for us to practice it for our own selves. However, as with any other skills set, we can improve by performing this practice on a regular basis.

This guided meditation will help us practice loving kindness towards ourselves. We will focus our attention on ourselves knowing that we too deserve unconditional love, kindness and happiness just like all other living beings. The guided meditation will have some traditional phrases of loving kindness. In the short period of silence that follows each phrase, we will repeat it a few times and breathe in the qualities of warmth, kindness, compassion or love towards ourselves. We will do this with all our heart.

The idea is to start with a small flame of the intent behind each phrase. We will attend to it and nurture it. We will slowly get more fuel for the tender feeling that arises in our heart as we offer loving kindness to ourselves and allow it to expand and to gain momentum. If we notice that our minds have wandered off, we will gently bring it back to this practice.

This meditation track is available in the “Guided Meditation” page (link below) that can be accessed from the “References” menu option. Please feel free to either stream these exercises or click on the “Download” button to download the mp3 files to your computers or mobile devices.

<http://summitmindfulness/resources/guided-meditations>

*May you be happy !!!*

*May you be peaceful !!!*

*May you live with ease!!!*

A Loving-Kindness Meditation to Boost Compassion

<https://www.mindful.org/a-loving-kindness-meditation-to-boost-compassion/>

Compassion helps us mend relationships and move forward while fostering emotional intelligence and well-being. Enjoy the benefits of loving-kindness with this guided meditation.

Time required: 15 minutes daily

How to do a loving-kindness meditation:

Relax Your Body:

Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions.

Take a deep breath in. And breathe out.

Bring Your Attention to The Warmth of Your Heart

Keeping your eyes closed, think of a person close to you who loves you very much. It could be someone from the past or the present; someone still in life or who has passed; it could be a spiritual teacher or guide. Imagine that person standing on your right side, sending you their love. That person is sending you wishes for your safety, for your well-being and happiness. Feel the warm wishes and love coming from that person towards you.

Now bring to mind the same person or another person who cherishes you deeply. Imagine that person standing on your left side, sending you wishes for your wellness, for your health and happiness. Feel the kindness and warmth coming to you from that person.

Now imagine that you are surrounded on all sides by all the people who love you and have loved you. Picture all of your friends and loved ones surrounding you. They are standing sending you wishes for your happiness, well-being, and health. Bask in the warm wishes and love coming from all sides. You are filled, and overflowing with warmth and love.

Send Loving-Kindness to Loved Ones

Now bring your awareness back to the person standing on your right side. Begin to send the love that you feel back to that person. You and this person are similar. Just like you, this person wishes to be happy. Send all your love and warm wishes to that person.

Repeat the following phrases, silently:

*May you live with ease, may you be happy, may you be free from pain.*

*May you live with ease, may you be happy, may you be free from pain.*

*May you live with ease, may you be happy, may you be free from pain.*

Now focus your awareness on the person standing on your left side. Begin to direct the love within you to that person. Send all your love and warmth to that person. That person and you are alike. Just like you, that person wishes to have a good life.

Repeat the following phrases, silently:

*Just as I wish to, may you be safe, may you be healthy, may you live with ease and happiness.*

*Just as I wish to, may you be safe, may you be healthy, may you live with ease and happiness.*

*Just as I wish to, may you be safe, may you be healthy, may you live with ease and happiness.*

Now picture another person that you love, perhaps a relative or a friend. This person, like you, wishes to have a happy life. Send warm wishes to that person.

Repeat the following phrases, silently:

*May your life be filled with happiness, health, and well-being.*

*May your life be filled with happiness, health, and well-being.*

*May your life be filled with happiness, health, and well-being.*

#### Send Loving-Kindness to Neutral People

Now think of an acquaintance, someone you don't know very well and toward whom you do not have any particular feeling. You and this person are alike in your wish to have a good life.

Send all your wishes for well-being to that person, repeating the following phrases, silently:

*Just as I wish to, may you also live with ease and happiness.*

*Just as I wish to, may you also live with ease and happiness.*

*Just as I wish to, may you also live with ease and happiness.*

Now bring to mind another acquaintance toward whom you feel neutral. It could be a neighbor, or a colleague, or someone else that you see around but do not know very well. Like you, this person wishes to experience joy and well-being in his or her life.

Send all your good wishes to that person, repeating the following phrases, silently:

*May you be happy, may you be healthy, may you be free from all pain.*

*May you be happy, may you be healthy, may you be free from all pain.*

*May you be happy, may you be healthy, may you be free from all pain.*

#### Send Loving-Kindness to All Living Beings

Now expand your awareness and picture the whole globe in front of you as a little ball.

Send warm wishes to all living beings on the globe, who, like you, want to be happy:

*Just as I wish to, may you live with ease, happiness, and good health.*

*Just as I wish to, may you live with ease, happiness, and good health.*

*Just as I wish to, may you live with ease, happiness, and good health.*

Take a deep breath in. And breathe out. And another deep breath in and let it go. Notice the state of your mind and how you feel after this meditation.

When you're ready, you may open your eyes.