

Loving Kindness Meditation (about 15 minutes)

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 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.

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 experience peace, may you be happy, may you be free from suffering.
May you experience peace, may you be happy, may you be free from suffering.
May you experience peace, may you be happy, may you be free from suffering.***

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 experience peace, may you be happy, may you be free from suffering.

Just as I wish to, May you experience peace, may you be happy, may you be free from suffering.

Just as I wish to May you experience peace, may you be happy, may you be free from suffering.

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.

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 a person whom you have somewhat difficult feelings toward. It could be a family member, or a colleague, or someone else that has hurt you in some way. Like you, this person wishes to experience joy and well-being in his or her life.

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

May you experience peace, may you be happy, may you be free from suffering.

May you experience peace, may you be happy, may you be free from suffering.

May you experience peace, may you be happy, may you be free from suffering.

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.