



LOVING KINDNESS MEDITATION



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Loving Kindness Meditation

Begin by getting yourself comfortable. Allow yourself to switch from your usual mode of doing to nondoing, to simply being. Connect with your body and bring your attention to your breathing.

Follow your breath as it comes in, and then out of your body, without trying to change it. Simply be aware of it, and any feelings associated with it. Give full attention to each in-breath and then to each out-breath.

Being total here in each moment with each breath. If distracting thoughts arise acknowledge them without becoming involved and return to the practice.

Take a moment now to consciously set an intention for this practice, some examples are: "to open my heart", "to cultivate loving-kindness", "to care for myself"

Loving Kindness for Self

*May I be happy
May I be healthy
May I be safe
May I live with ease*

(Notice any sensations or feelings that come To mind and allow them to fade into the background

Loving Kindness for Close Person

*May you be happy
May you be healthy
May you be safe
May you live with ease*

(Notice any sensations or feelings that come to mind and Allow them to fade into the background. Allowing these feelings Toward someone close to you fade into the background and bring Forward you are in conflict with. Don't start with the most difficult Person but someone who perhaps agitates or annoys you)

Loving Kindness for a Difficult Person

*May you be happy
May you be healthy
May you be safe
May you live with ease*

Notice the feelings and sensations that arise, and see if you can just allow them, and let them be. Now bring to mind the broader community of which you are a part of. Imagine your family, your colleagues, your neighbors: fan out your attention until you include yourself and all of humanity in this offering of lovingkindness as you let these words become your words

Loving Kindness for All

*May you be happy
May you be healthy
May you be safe
May you live with ease*

Notice the sensations and feelings that arise within you. Sit with them for a few moments until you are ready to end the practice.

