

## Lovingkindness meditation

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

In this practice, we'll be cultivating loving kindness. We all have within us, this natural capacity for lovingkindness. 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. Look at yourself through the eyes of someone who loves you. What does that person love about you? Or, you may recall the unconditional love you felt from a beloved pet...

It may help to use the imagination and to picture yourself as a young child standing before you...perhaps 4 or 5 years of age... if that allows tender feelings of kindness to flow more easily... And, as you experience this love...notice how you feel in your body. Maybe you feel some warmth...or heat in the face. A smile...a sense of expansiveness.

This is lovingkindness, a natural feeling that is accessible to us. Resting with this feeling of open, unconditional love for a few minutes ...(Pause) Letting yourself bask in the energy of lovingkindness...breathing it in...and breathing it out...inviting feelings of peace and acceptance...

Now extend words of loving kindness to yourself.

May I be filled with lovingkindness

May I be held in loving kindness...

May I feel connected and calm...

May I accept myself just as I am...

May I be happy...

May I know the natural joy of being alive...

And, now repeating in the mind these words of friendship and kindness to yourself once again...

May I be filled with lovingkindness

May I be held in loving kindness...

May I feel connected and calm...

May I accept myself just as I am...

May I be happy...

May I know the natural joy of being alive