

Loving Kindness Meditation

Sit up nice and tall. Close your eyes. Relax your shoulders, relax your jaw, relax the space between your eyebrows. Relax your whole body. Keep your eyes closed throughout this meditation, just relax and follow the instructions.

Take a deep breath in. Now breathe out.

Keeping your eyes closed, think of a person who loves you. Imagine that person standing on your right side, sending you their love. That person is sending you wishes for happiness and well-being. Feel the love coming from that person to you.

Now think of another person who loves you. Imagine that person standing on your left side, sending you their love. Feel the love coming to you from that person. Now imagine that you are surrounded on all sides by all the people who love you. Picture all of your friends surrounding you. They are sending you love and thoughts of happiness, well-being, and health. You are overflowing with love.

Now bring your attention back to the person standing on your right side. Begin to send the love that you feel back to that person. Send all your love and wishes for happiness and well-being to that person.

Silently, in your mind, repeat the following:

May you be filled with love.
May you feel calm and connected.
May you accept yourself, just as you are.
May you be happy.
May you know the joy of being alive.

Now bring your attention to the person standing on your left side. Begin to send the love you feel back to that person. Send all your love and wishes for happiness and well-being to that person.

Silently, in your mind, repeat the following:

May you be filled with love.
May you feel calm and connected.
May you accept yourself, just as you are.
May you be happy.
May you know the joy of being alive.

Now imagine yourself. Imagine you are looking in a mirror and seeing your reflection. Smile at yourself in the mirror. Notice how warm, happy, and healthy you look when you smile. Send all the love you feel for the people on your right and left side to yourself.

Silently in your mind, repeat the following:

May I be filled with love.
May I feel calm and connected.
May I accept myself, just as I am.
May I be happy.
May I know the joy of being alive.

Now expand your awareness in all directions. Imagine the whole world right in front of you. All beings, all creatures right there in front of you. All living together in peace and joy. Send warm wishes to all living beings on the globe, who, just like you, deserve happiness, well-being, and love.

Silently in your mind, repeat the following:

May all beings be filled with love.
May all beings feel calm and connected.
May all beings feel alive and free.
May all beings be happy.
May all beings know the joy of being alive.

Take a deep breath in. Now breathe out. Take another deep breath in while reaching your arms up above your head for a stretch. As you exhale, draw your hands to heart center. Notice the state of your mind and how you feel. This practice of loving kindness meditation is the key to loving yourself and others. It is the practice that you need to make today and everyday just as awesome as you are. When you're ready, you may open your eyes.