

Loving Kindness Meditation

1. Find a quiet and comfortable space to do this meditation.
2. Bring awareness to your breath for a few moments, paying attention to each inhalation and exhalation.
3. You may place one hand on top of your chest and feel the warm sensation this may bring.
4. Bring your attention towards yourself as you say to yourself:
 - a. "May I be filled with love and kindness"
 - b. "May I be safe"
 - c. "May I be well"
 - d. "May I be happy and at ease"
5. You can add any other sentence that feels appropriate to you.
6. Keep repeating these statements.
7. If your mind wanders, gently bring back your attention to your breath and repeat the statements.
8. After spending a few moments doing this, visualize someone who you deeply care for and who has been a source of unconditional love and support to you.
9. Spend a few moments visualizing this person in front of you and repeat the statements above:
 - a. "May we be filled with love and kindness"
 - b. "May we be safe"
 - c. "May we be well"
 - d. "May we be happy and at ease"
10. Keep repeating these statements.
11. If your mind wanders, gently bring back your attention to your breath and repeat the statements.
12. After spending a few moments doing this, visualize someone who you don't really know or a stranger.
13. Imagine sharing the love and kindness created in this bond with this stranger by repeating the same statements:
 - a. "May you be filled with love and kindness"
 - b. "May you be safe"
 - c. "May you be well"
 - d. "May you be happy and at ease"
14. Repeat the statements and gently bring back your attention to them if your mind wanders.
15. You can break down these steps into more than one session, as you feel more comfortable in engaging with the meditation.

Adapted from:

- Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95(5), 1045.
- Hutcherson, C. A., Seppala, E. M., & Gross, J. J. (2008). Loving-kindness meditation increases social connectedness. *Emotion*, 8(5), 720.

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