



### **Loving-Kindness Meditation for Beginners**

Please set aside 20-40 minutes for the purpose of bringing warmth and good will into your life. Sit in a comfortable position, reasonably upright and relaxed. Close your eyes fully or partially. Take a few deep breaths to settle into your body and into the present moment.

- Put your hands over your heart to remind yourself that you are bringing not only attention, but *loving* attention, to your experience. Feel the warmth of your hands, the gentle pressure of your hands, and feel how your chest rises and falls beneath your hands with every breath.
- Now, bring to mind a person or other living being who naturally makes you smile. This could be a child, your grandmother, your cat or dog—whomever naturally brings happiness to your heart. Perhaps it's a bird outside your window. Let yourself feel what it's like to be in that being's presence. Allow yourself to enjoy the good company.
- Now, recognize how vulnerable this loved one is--just like you, subject to sickness, aging, and death. Also, this being wishes to be happy and free from suffering, just like you and every other living being. Repeat softly and gently, feeling the importance of your words:

*May you be safe.  
May you be peaceful.  
May you be healthy.  
May you live with ease.*

- When you notice that your mind has wandered, return to the words and the image of the loved one you have in mind. Savor any warm feelings that may arise. Go slow.
- Now add *yourself* to your circle of good will. Put your hand over your heart and feel the warmth and gentle pressure of your hand (for just a moment or for the rest of the meditation), saying:

*May you and I be safe.  
May you and I be peaceful.  
May you and I be healthy.  
May you and I live with ease.*

- Visualize your whole body in your mind's eye, notice any stress or uneasiness that may be lingering within you, and offer kindness to yourself.

*May I be safe.  
May I be peaceful.  
May I be healthy.  
May I live with ease.*

- Now take a few breaths and just rest sit quietly in your own body, savoring the good will and compassion that flows naturally from your own heart. Know that you can return to the phrases anytime you wish.
- Gently open your eyes.