

In Loving-Kindness Meditation, one is guided, through imagery, words or phrases to extend positive thoughts to others and the self. Loving-kindness meditation cultivates feelings of compassion, equanimity and gratitude.

Research Benefits

- Increase in positive emotions
- Quieting of negative emotions
- Strengthened capacity for empathy
- Migraine sufferers experience lessened pain
- Increased compassion
- Biological changes associated with longer life

The Metta Prayer

Take a few moments to pause, breathe deeply and repeat the Metta prayer. Repeat the prayer daily for two weeks. What comes to you? Do you notice shifts in your feelings of compassion?

The Metta Prayer
May all beings be safe.
May all beings be healthy.
May all beings be happy.
May all beings live with ease.

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

Record your thoughts.

Guided Loving Kindness Meditation

Go to Mindfulness Exercises.com to the Loving-Kindness Meditation.

<https://mindfulnessexercises.com/course/day-16-loving-kindness/>

Practice this meditation. If you are seeking the Certificate of Completion, you will need to log your practice and guide others on three occasions.

Journal your experience with the Loving-Kindness Meditation. What comes to you during and following the meditation?

Reflection Questions

As a mindfulness teacher, how do you see loving kindness useful for the general population?

What resistance do you anticipate in your loving kindness meditation?

What resistance do you anticipate among your students?