

Loving-Kindness

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Loving-kindness meditation, also known as Metta meditation, is a powerful practice that helps us to cultivate greater feelings of compassion, kindness, care, and acceptance. The practice begins by inviting us to cultivate a sense of love and care for ourselves before inviting us to extend the same well wishes out to others. It is a heart-opening practice that strengthens our connection to all living beings.

PRACTICE:

1. Begin by finding a comfortable seated position that feels comfortable for you. Straighten the spine and close your eyes as you settle in with a few grounding breaths.
2. Once you feel settled, take a moment to embrace the fullness of who you are right in this very moment. Honor yourself as you have shown up today.
3. When you feel connected to the core of your being, repeat the following list of affirmations three times:

May I be safe.

May I be happy.

May I be healthy.

May I be at peace.

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4. Spend as much time as you would like to with your sense of self, offering yourself any extra words of kindness and care. When you feel ready to move on, draw to mind a loved one, repeating the following list of affirmations to him or her three times:

May you be safe.
May you be happy.
May you be healthy.
May you be at peace.

5. Offer any final words of warmth to this person before letting their image fade. Ground yourself through three full breaths and then draw to mind the image of an acquaintance. Repeat the same sentiments to them three times:

May you be safe.
May you be happy.
May you be healthy.
May you be at peace.

6. Let the image of this person go when you are ready and then repeat the practice with someone you have difficulties with. If this is your first time practicing this form of meditation, consider someone with whom the challenges you experience are light to moderate.

May you be safe.
May you be happy.
May you be healthy.
May you be at peace.

7. When you are ready to let their image fade, ground yourself through a few breaths. Then, draw to mind an image of the entire world. This might be through envisioning the globe, a thriving ecosystem, or a sea of strangers. Once you have your image in mind, repeat the following list of affirmations three times:

May all beings be safe.
May all beings be happy.
May all beings be healthy.
May all beings be at peace.

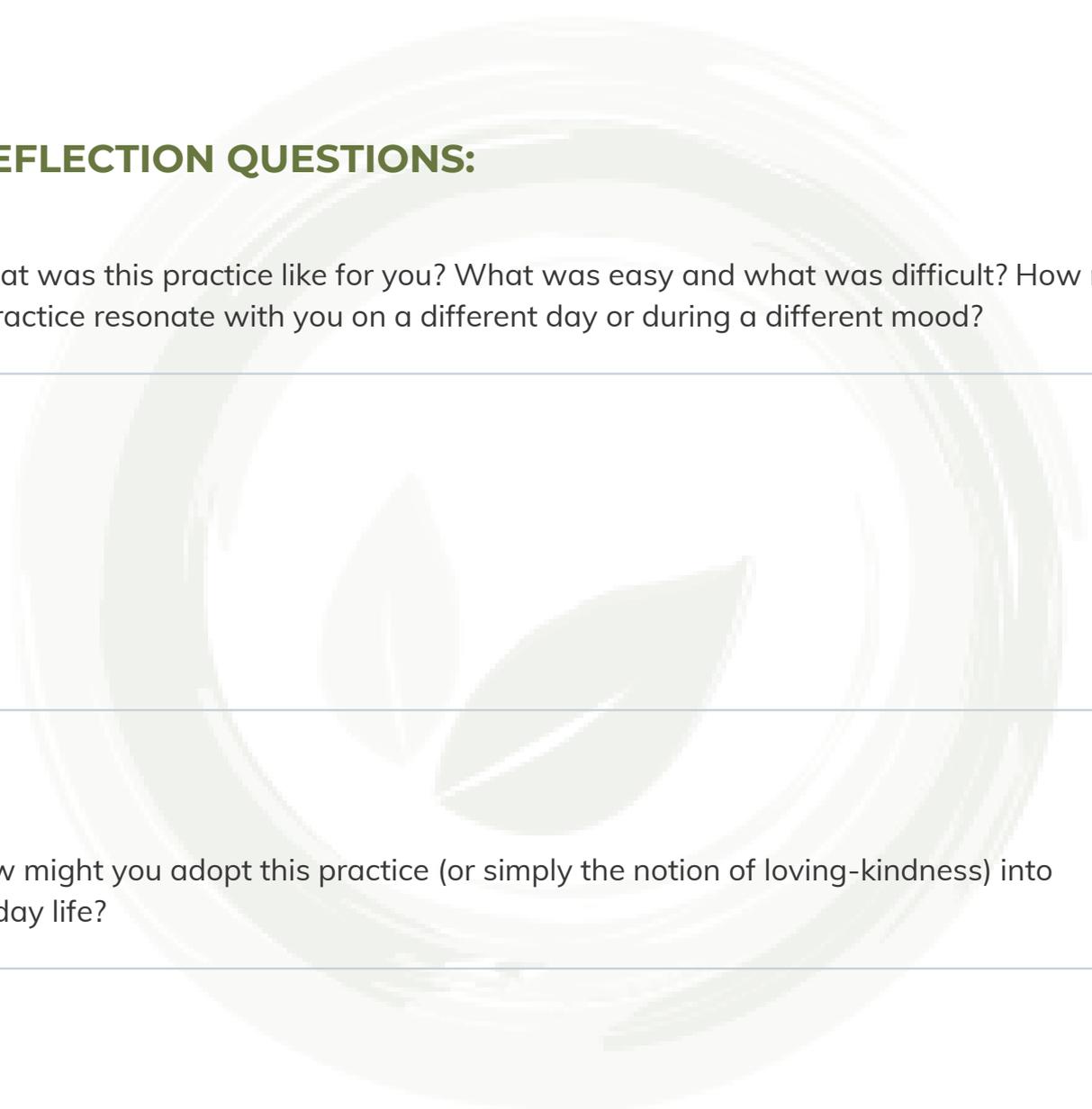
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8. Slowly let the image of the entire world fade as you come back to the steady flow of your breath. Take a few moments to rest with whatever sensations are present within. When you feel ready, gently open your eyes to come back to the world around you.

REFLECTION QUESTIONS:

1. What was this practice like for you? What was easy and what was difficult? How might this practice resonate with you on a different day or during a different mood?



2. How might you adopt this practice (or simply the notion of loving-kindness) into everyday life?