

Mindfulness Exercise – Loving Kindness

Compassion and a loving heart can reduce fear, anxiety, and stress.

Exercise – about 5 minutes.

Again, assuming a comfortable but alert position (position of dignity), close your eyes and notice your body as you sit, feeling sensation where it is. Noticing how it feels to sit.

Gently bring your attention to your breath; the in breath, the out breath. Notice the space between breaths.

Now bring your attention to your heart. Open your heart to feelings of compassion and love. Think of someone who you love unconditionally; maybe a friend, mentor, parent, or child. Bring the image of that person to your mind and feel the loving kindness you have towards that person. Repeat these phrases of well being towards that person:

- May you be safe.
- May you be free from fear.
- May you be healthy.
- May you be free from pain.
- May you live with ease.
- May you live with peace.
- May you be peaceful.

Bring your attention towards yourself. Repeat these phrases of well being:

- May I be safe.
- May I be free from fear.
- May I be healthy.
- May I be free from pain.
- May I live with ease.
- May I live with peace.
- May I be peaceful.

Finally, we will bring our attention towards our family and friends:

- May you be safe.
- May you be free from fear.
- May you be healthy.
- May you be free from pain.
- May you live with ease.
- May you live with peace.
- May you be peaceful.

Now bringing your attention back to your breath and allowing your heart to stay open to the love and kindness you have generated and allow this to stay with you for the rest of today. Open your eyes.