CLINICA
family health

Meditation on Lovingkindness

In this meditation on lovingkindness, allow yourself to switch from the usual mode of doing to a mode of non-doing. Of simply being. Sit in a comfortable way but without being in a sleepy position.

For example, sit with your back straight, head up, feet on the floor and your arms gently in your lap.

Simply sit and notice yourself sitting.

As your body becomes still, bring your attention to the fact that you are breathing. And become aware of the movement of your breath as it comes into your body and as it leaves your body. Not manipulating the breath in any way or trying to change it. Simply being aware of it and of the feelings associated with breathing. And observing the breath deep down in your belly. Feeling the abdomen as it expands gently on the inbreath, and as it falls back towards your spine on the outbreath. Being totally here in each moment with each breath. Not trying to do anything, not trying to get any place, simply being with your breath. Giving full care and attention to each inbreath and to each outbreath. As they follow one after the other in a never ending cycle and flow. If distracting thoughts arise, acknowledge them, then return to the practice.

And now bringing to mind someone for whom you have deep feelings of love. Seeing or sensing this person and noticing your feelings for them arise in your body. It may be simply a smile that spreads across your face, or your chest becomes warm. Whatever the effects, allow them to be felt.

Now letting go of this person in your imagination, and keeping in awareness the feelings that have arisen.

Bring yourself to mind now. And seeing if you can offer lovingkindness to yourself, by letting these words become your words…

May I be safe

May I be happy

May I be healthy

Reference: Mindfulness Meditation, CD Series 3, Jon Kabat-Zinn

May I live in peace

And noticing the feelings that arise and letting them be, as you look within yourself with mindfulness and equanimity.

When you are comfortable, try offering lovingkindess to someone who supports you, who has always "been on your side." Bringing this person to mind, imagining them perhaps across from you, and letting these words become your words…

May you be safe

May you be happy

May you be healthy

May you live in peace

Once your feelings flow easily to a loved one, turn your attention now to someone with whom you have difficulty – it's best not to start with the most difficult person, but perhaps someone who brings up feelings or irritation or annoyance. And seeing if you can let these words become your words as you keep this person in awareness…

May you be safe

May you be happy

May you be healthy

May you live in peace

Notice the sensations and feelings that arise within you. And seeing if you can just allow them and let them be.

And now bringing to mind the broader community of which you are a part. You might imagine your family, your workmates, your neighbors, or fan out your attention until you include all persons and creatures on the planet. And including yourself in this offering of lovingkindness, as you let these words become your words…

Reference: Mindfulness Meditation, CD Series 3, Jon Kabat-Zinn

May we be safe

May we be happy

May we be healthy

May we live in peace

Notice the sensations and feelings that arise within you. The focus of the meditation is actually on a feeling, a feeling of loving-kindness. Over time the words can fade and you simply be left with the feeling. That is the aim. Slowly let the feelings of loving-kindness ease and return once again to focusing on just your breathing.

Then return to once again noticing yourself sitting.

Then slowly open your eyes and return to the room.

Sitting with them for a few moments until you are ready to end the practice.

Reference: Mindfulness Meditation, CD Series 3, Jon Kabat-Zinn