

GUIDED LOVING KINDNESS MEDITATION

We begin this meditation by making yourself comfortable. Take a few deep breaths in and each time you breathe out turn your attention to your heart area. Start to pay attention to yourself. Notice yourself. Be affectionate towards yourself by giving yourself a metaphorical hug. Appreciate yourself for coming to this meeting today. Accept yourself in this moment right here and right now.

Start to imagine loving-kindness radiating in your body. Try to visualise yourself in your mind's eye. If this is tough, then think of a photo you like of yourself and imagine that or imagine yourself as a baby. If this still feels uncomfortable, then just whisper your name silently to yourself until you feel connected with yourself. If this feels overwhelming you could imagine a helpless puppy or kitten and radiating loving kindness towards it. Once you feel that loving kindness, radiate it towards yourself. It is important for us to work at cultivating this. For many of us, it can feel challenging to begin with, but, the more we do it, the more our heart opens up towards ourselves. Sitting with our direct experience of discomfort or fear, without pushing it away or getting caught up in the stories about it, can be an expression of loving kindness. When we can sit with these feelings, compassion for ourselves will eventually appear, and loving-kindness will begin to flow.

The most important thing is to have the strong wish for yourself not to suffer. So, sitting now with the strong wish for yourself not to suffer and see what this feels like.

Then begin to saying silently to yourself the following phrases, which can also help with cultivating loving kindness -

May I Be Happy (say these slowly) -

May I Be Well

May I Be Kind Towards My Suffering

May I Be Free of All Suffering

After a few minutes drop into your meditation again

May I Be Happy

May I Be Well

May I Be Kind Towards My Suffering

May I Be Free of All Suffering

Don't worry if you can't feel loving kindness. Having the intention of loving kindness is enough right now. You may even have sadness and have some tears. This is okay, this is an opportunity to be kind to yourself and not criticise for yourself.

When you are ready become aware of noises inside and outside the room, and in your own time open your eyes and bring your attention back to the room.