



Introduction to Loving-Kindness Meditations

Playlist: z.umn.edu/lovingkindness

The following are three guided loving-kindness meditations of differing lengths that you may wish to listen to during a formal meditation period. These meditations may be viewed simply as opportunities to intentionally set aside some quiet time to reflect, and to offer yourself and others wishes for wellbeing, caring and kindness. Loving-kindness meditations can serve to remind us that regardless of how difficult our life circumstances may be, we can practice appreciating and touching into the more resilient sources of caring and compassion.

The **formal guided** meditation involves first settling into a comfortable seated posture and gently softening into the body and its natural rhythmic breath. Loving-kindness reflections and phrases are then offered that you may choose to silently repeat to yourself, or to simply allow the phrases to lightly wash over you. It can be helpful to enter the meditation with an openness, and as best you can, to let go of expectations or striving. You may also wish to use your own words or phrases, or to let go of some or all of the guidance altogether, if for any reason it ever feels not right for you.

The loving-kindness phrases used in these meditations are also very portable and may be used **informally** throughout the day. For example, while riding in a bus, walking down the hall, or pausing at any time to touch into the resilient qualities of loving-kindness more intentionally.

Examples of Loving-Kindness phrases:

May I (or you) be safe and protected

May I (or you) be happy and peaceful.

May I (or you) be healthy, strong, and vital.

May I (or you) live your life with ease.

May I (or you) be at ease.

May I (or you) live with physical and mental ease.

May I (or you) be kind to myself/yourself.

May I (or you) be happy.