

Tips for Cultivating Loving Kindness

1. Allow yourself to relax into a soft, gentle, tender opening of the heart center.
2. Open to the “feeling state” evoked by each word and let it grow within you. Feel sensations of “Ease,” “Safe,” “Protected,” “Happy,” “Loving Kindness,” and “Peace,” flowing through your being, as best you can.
3. When resistance shows up, simply note how it presents itself as an actual physical sensation in your body. Notice without judgment or shame.
4. Use the breath to soften and release the physical sensations of resistance, constriction, gripping, or tightness—wherever it appears in the body—even as you invite the “feeling” of each word you’re speaking into that same area of the body.
5. Simply observe the dance between these two parts of your being. No judgement. No shame. No blame. The fact that you’re practicing the dance is what matters, not how well you dance.
6. Imagine that the “feeling” of Loving Kindness, Ease, Happy, etc... is implanting itself into the DNA of every cell of your being.
7. If it’s hard to begin with yourself, feel free to change the order so you do yourself last.

Loving Kindness Blessing

May I be at ease.
May I feel safe and protected.
May I be happy.
May I feel loving kindness.
May I be filled with loving kindness.
May I be held in loving kindness,
That I may be at peace.

May you be at ease.
May you feel safe and protected.
May you be happy.
May you feel loving kindness.
May you be filled with loving kindness.
May you be held in loving kindness,
That you may be at Peace.

May all beings be at ease.
May they feel safe and protected.
May they be happy.
May they feel loving kindness.
May they be filled with loving kindness.
May they be held in loving kindness
That they may be at peace.

