



<b>Practice: Loving Kindness Practice</b>	
<b>Key learning:</b> Using a range of devices to move from mindful awareness towards making changes, with kindness	
<b>Resources:</b> Mats/ chairs, bolsters, blankets, cushions, clock, bells / singing bell, handout for client, recording for client to have for home practice.	
<b>Benefits:</b>	<b>Potential Difficulties Arising:</b>
Developing skills to generate warm wishes to the self and others  Wise action, taking steps to make positive changes in relationship with the self and others  Self-nurture and self-kindness	Feelings of guilt, shame, unease, wobbliness  Finding it silly  Unable to connect with the feelings  Resistance as this is not mindfulness
<b>Guidance:</b>	
<i>Devices:</i> Phrases Mantra Self, revered one, loved one, neutral one, one with whom there are difficulties, world Touch/ gestures Ripples, light, warmth, sensations, rays, waves Creating a warm, safe space and inviting a person or people to come and sit a while	

Imbuing the breath with kindness

Connections through air, ground, energy, space etc

### **Inquiry**

**Ask about the participants' experience of the practice and acknowledge and explore any benefits and potential difficulties which come up.**

Examples of useful questions to start the inquiry process with the client:

During or after the practice ask them to notice:

Their experience during the practice

How it felt physically, emotionally, psychologically

Whether there are times throughout the day that this could be introduced as a shorter practice or coping strategy

Did you start to notice any changes in how you relate to yourself and others?