

Loving Kindness Practice



Anchoring the body with kindness and creating spaciousness in the body.



Whole breath awareness, rest, ebb and flow, soothing gentle rise and fall of chest, then imbuing the breath with tenderness and kindness. Feeling warmth around heart centre, directing the attention inward.



Direct to self. Bring a picture of you to mind, looking at you, smiling with a sense of happiness. Think of the good things you do, your qualities. ? Bring a soft smile to the mouth and eyes. Well wishing for yourself. Friendliness to self.



Friend, loved one, pet. Resting with +ve feelings associated with them. Feeling warmth and connection with them. Picture in mind's eye, looking at you with happiness, gentleness, warmth and affection. Shared feelings , good memories of things enjoyed together, breathe in with awareness and out a deep sense of well-wishing. Empathy, warmth, connection, LK. Heart connection from you to them and back to you. Feel it in the body, mind, breath.



Extend to community Rippling outwards to others in the room, home, community. In breath-awareness, out breathe-well-wishing, LK. Connection, curiosity, potential for joy, happiness + fulfilment. Ripple out with breath. Rest awareness on one person, people, pet, breathing in awareness, breathing out LK, friendliness, care. Be happy well. May you be happy hearted.