

A banner for the Mindfulness Teacher Training Course. The background is a vibrant, abstract image of water with shades of blue and green, creating a sense of movement and depth. A white rectangular box is centered at the top, containing the text 'MINDFULNESS TEACHER TRAINING COURSE' in a bold, blue, sans-serif font.

## MINDFULNESS TEACHER TRAINING COURSE

# Mindfulness Teacher Training Course – Stage 1, Week 6

## Loving Kindness Meditation

### About the Loving Kindness Meditation

- The Loving Kindness Meditation is one of the core mindfulness practices in the MBSR programme. Its purpose is to encourage the growth of compassion, both for ourselves, others and the world at large. Although this intention of loving kindness runs throughout our mindfulness practice, this meditation calls our attention to it specifically. In loving kindness meditation we are setting an intention to nurture the quality of loving kindness that already exists within us, while being with whatever is present in the senses, thought, or emotions, without judgement.
- By practicing this formal loving kindness meditation you are becoming more familiar with this quality, so that it is easier to recognise when it arises spontaneously in your informal mindfulness practice. In this way loving kindness is more available to you in daily life. The practice of loving kindness meditation is a life-long commitment, just as mindfulness is. To practice is an investment of time and energy that delivers immeasurable value to ourselves and the world.
- Loving kindness practice makes it more difficult for unnecessary anger to grow. Loving-kindness can be thought of as a softness of heart or an unconditional friendliness.
- This meditation involves repeating a set of phrases that point to the innate quality of loving kindness. The phrases in this recording are some of many possible phrases that can be used. If any part of the approach or of the four central phrases do not suit you, please feel free to make any changes that make it more friendly and appealing to you. The intention of the practice is to cultivate loving kindness for yourself and for others.
- If you have difficulty in bringing to mind even one person who has loved or supported you. In these instances it may be helpful to bring to mind a pet, or a person whom you admire for being a kind or loving person in general.
- It's best to choose "the person with whom you have difficulty" with prior to starting the meditation. It's very important to select someone with whom you have only a minor difficulty.



## Loving Kindness Meditation Script

There is also an [Audio Version](#) of this meditation to listen to and download.

In this meditation on loving kindness, allow yourself to switch from the usual mode of doing to a mode of non-doing. Of simply being. As your body becomes still, bring your attention to the fact that you are breathing. And become aware of the movement of your breath as it comes into your body... and as it leaves your body. Not manipulating the breath in any way... or trying to change it.... Simply being aware of it and of the feelings associated with breathing . And observing the breath deep down in your belly.... Feeling the abdomen as it expands gently on the in-breath... and as it falls back towards your spine on the out-breath . Being totally here in each moment with each breath . Not trying to do anything... not trying to get any place... simply being with your breath. Giving full care and attention to each in-breath and to each out-breath . As they follow one after the other in a never ending cycle and flow..... If distracting thoughts arise... acknowledge them... then return to the practice.

And now bringing to mind someone for whom you have deep feelings of love. Seeing or sensing this person... and noticing your feelings for them arise in your body.... It may be simply a smile that spreads across your face... or your chest becomes warm .... Whatever the effects, allow them to be felt.

Now letting go of this person in your imagination...and keeping in awareness the feelings that have arisen.

Bring yourself to mind now... And seeing if you can offer loving kindness to yourself... by letting these words become your words...

***May I be happy***

***May I be healthy***

***May I ride the waves of my life***

***May I live in peace***

***No matter what I am given***

And noticing the feelings that arise and letting them be.... as you look within yourself with mindfulness and calmness.

When you are comfortable, try offering loving kindness to someone who supports you... who has always “been on your side.” ....Bringing this person to mind....imagining them perhaps across from you....and letting these words become your words...

***May you be happy***

***May you be healthy***

***May you ride the waves of your life***

***May you live in peace***

***No matter what you are given***

Once your feelings flow easily to a loved one, turn your attention now to someone with whom you have difficulty.....it’s best not to start with the most difficult person..... but perhaps someone who brings up feelings of irritation or annoyance..... And seeing if you can let these words become your words as you keep this person in awareness...

***May you be happy***

***May you be healthy***

***May you ride the waves of your life***

***May you live in peace***

***No matter what you are given***

Notice the sensations and feelings that arise within you..... And seeing if you can just allow them and let them be....

And now bringing to mind the broader community of which you are a part..... You might imagine your family..... your workmates..... your neighbours....or spread out your attention until you include all persons and creatures on the planet..... And including yourself in this offering of loving kindness, as you let these words become your words...

***May we be happy***

***May we be healthy***

***May we ride the waves of our lives***

***May we live in peace***

***No matter what we are given***

Notice the sensations and feelings that arise within you..... Sitting with them for a few moments until you are ready to end the practice.

As you move back into the world, allowing the benefits of this practice to expand into every aspect of your life.

## **Reflection on Loving Kindness Meditation**

Reflect on the following questions, and write your reflections on the course journal sheet:

- How did you find the experience of this meditation?
- How were your attention levels during this practice?
- Were there any elements of the meditation with which you had difficulty?
- Can you make any other observations about this experience?