

THE 10 DAY MEDITATION CHALLENGE

DAY 10 – LOVING KINDNESS MEDITATION



"To become acquainted with kindness one must be prepared to learn new things and feel new feelings. Kindness is more than a philosophy of the mind. It is a philosophy of the spirit." Robert J. Fury

In a world bombarded by negative news, we can feel overwhelmed by tragedy and turmoil and lose our perspective on the positive aspects of life. We can create change by mindfully choosing to focus on the core values of a peaceful world: kindness, gratitude, trust, and love. A **Loving Kindness Meditation** can build these core values into our daily lives and attitude. Once we have done so, we can extend our meditation to offer this loving kindness to others, thereby planting seeds of intention to create a more peaceful world.

PRACTICE KINDESS AND MAKE IT PERSONAL

Step 1: Find a quiet space, and get comfortable. Close your eyes and breathe deeply.

Step 2: Imagine feeling a sense of inner peace and unconditional love. A perfect love, which sees no judgment, only gratitude for exactly who you are. Breathe out tension, breath in love.

Step 3: Repeat 3-4 positive phrases to yourself.

- For example:
- *May I be happy.*
 - *May I be safe.*
 - *May I be healthy, peaceful and strong.*
 - *May I give and receive appreciation today.*



Step 4: When your attention drifts, bring your focus back to that feeling of loving kindness. Depending on where you are in your practice, you may choose to focus here or you can shift your focus to a loved one in your life. Feel your gratitude and love for them. Hold that feeling and repeat the phrases above, visualizing their wellness and peace.

Step 5: As you progress, you can then extend your loving kindness meditation to those outside of your close circle, including even people of a war-torn country or a place of a natural disaster. You can also include those with whom you are in conflict to help you reach a place of forgiveness or greater inner peace.

When your meditation is complete, which is whenever you decide, open your eyes. Recall how loving kindness feels, and revisit this feeling when needed with just a few deep breaths.

Source: <https://www.verywellmind.com/how-to-practice-loving-kindness-meditation-3144786>