



Increase Positive Emotions through Loving-kindness

Loving-kindness focuses on developing feelings of goodwill, kindness and warmth. It brings about positive attitude changes as it develops loving acceptance of oneself and others. During this exercise, you will repeat particular phrases while visualizing yourself feeling calm, with a sense of loving-kindness towards yourself and others. You can adjust the words and images in any way you wish. Below are some examples, but you can create phrases that best help you to experience loving-kindness.

When you begin practicing, start by focusing on yourself before moving on to others. Be aware this exercise can bring up feelings contrary to loving-kindness, such as feelings of anger and resentment. If this happens, it's especially important to be patient; receive whatever thoughts or feelings that arise without judgment and then let them go. When you feel you have established a sense of loving-kindness for yourself, you can expand your meditation to include family, friends, neighbors and community members. Over time, begin to include the difficult people in your life. The goal is to practice this on a regular basis for 10-20 minutes each session.

Studies show the regular practice of loving-kindness exercises can lead to a wide range of positive emotions, including love, joy, gratitude, contentment, hope, pride, interest, and amusement. It can also help decrease chronic pain and migraines; increase resilience; increase compassion and empathy, and promote self-love and acceptance.

Loving-kindness Phrases towards Self

- May I be free from anger and sadness.
- May I be free from harm and illness.
- May I be forgiving and forgiven.
- May I be healthy and strong.
- May I be well in body and mind.
- May I be filled with loving-kindness.
- May I be really happy.
- May I be at peace.

Loving-kindness Phrases towards Others

- May you be free from anger and sadness.
- May you be free from harm and illness.
- May you be forgiving and forgiven.
- May you be healthy and strong.
- May you be well in body and mind.
- May you be filled with loving-kindness.
- May you be really happy.
- May you be at peace.