

## Loving kindness for a loved one

- Allow yourself to settle into a comfortable position, either sitting or lying down. If you like putting a hand over your heart or another location that is soothing as a reminder of your intention to bring not only awareness, but also loving awareness, to our experience and to ourselves.



- **Bringing to mind a person or other living being who naturally makes you smile.** This could be a child, your grandmother, your cat or dog—whomever naturally brings happiness to your heart. Letting yourself feel what it's like to be in their presence. Allowing yourself to enjoy the good company. Create a vivid image of this being in your mind's eye. Have a sense of your love for them. See how it feels in your body as you imagine being with your loved one.

- Now, recognize how this being wishes to be happy and free from suffering, just like you and every other living being. Repeating softly and gently, feeling the importance of your words:

*May you be happy.*

*May you be peaceful.*

*May you be healthy,*

*May you live with ease. (Repeat twice, slowly, pause)*

- When you notice that your mind has wandered, returning to the words and the image of the loved one you have in mind. Savouring any warm feelings that may arise. Taking your time.

- **Now, adding yourself to your circle of good will.** Creating an image of yourself in the presence of your loved one, visualizing you both together.

*May you and I be happy*

*May you and I be peaceful*

*May you and I (we) be healthy,*

*May you and I (we) live with ease. (Repeat twice, slowly, pause)*

- Now, letting go of the image of the other, and letting the full focus of your attention rest directly **on yourself**. Putting your hand over your heart and feeling the warmth and gentle pressure of your hand. Visualizing your whole body in your mind's eye, noticing any stress or uneasiness that may be lingering within you, and offering yourself the phrases.

*May I be happy,*

*May I be peaceful.*

*May I be healthy.*

*May I live with ease. (Repeat twice, slowly, pause)*

- Finally, taking a few breaths and just resting quietly in your own body, accepting whatever your experience is, exactly as it is. You may be feeling good will and compassion or you may not, it doesn't matter. We are simply setting our intention to open our hearts and seeing what happens, (pause).

- Gently opening your eyes

This handout was written by Marie Bloomfield, Clinical Psychologist, M. Psychol., MAPS. July 2019. This is one of the meditations presented by the Mindful Self-Compassion program (K. Neff and C. Germer)

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