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in your mind
select the recipient of your
loving-kindness and picture them
all beings everywhere
a stranger
a difficult person
a neutral acquaintance
a loved one
most challenging:
arranged from easiest to
you might send loving-kindness,
here are some people to whom
send loving-kindness to
someone you choose
if you want, you can also
send loving-kindness to others

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take your time and pay attention
to the meaning of each word
"may I be at peace"
"may I be happy"
"may I be healthy"
"may I be safe"
set a timer for 5-10 minutes
and repeat these wishes
quietly to yourself:
four wishes for yourself

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but receiving unconditional love
is never selfish
some people feel selfish when
they send loving-kindness
to themselves
meditation practice begins by
sending loving-kindness to
yourself
take a few slow deep breaths
find a comfortable position and
send loving-kindness to yourself

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the purpose of loving-kindness
meditation is to cultivate
feelings of compassion and peace
towards yourself and others
anyone can try it, you don't have
to be Buddhist or religious
loving-kindness meditation is
a type of Buddhist meditation
loving-kindness meditation

four wishes for someone else
set a timer for 5-10 minutes and
repeat these wishes quietly while
thinking about the recipient of
your loving-kindness:
"may you be safe"
"may you be healthy"
"may you be happy"
"may you be at peace"
take your time and pay attention
to the meaning of each word

keep cultivating peace
you can practice loving-kindness
meditation whenever you like
consider contacting a Buddhist
practitioner or teacher if you
want to learn more about this
type of meditation
Loving-kindness meditation is not
a cure for all problems, but it
can make coping a little easier

littlebetterzine.com

things you can do
to feel a little better

#2
cultivate peace with
loving-kindness meditation