

# ***loving-kindness meditation***

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This is a **little better zine**.

It doesn't have the solutions to your big problems, but the skills inside can make coping a **little** easier when life is difficult.

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Feeling compassion for myself and for others is important to me because:

## ► Loving-Kindness Meditation

Loving-kindness is the heartfelt wish for the well-being of oneself and others. The purpose of loving-kindness meditation is to cultivate feelings of compassion and peace.

Loving-kindness meditation is a type of Buddhist meditation, but anyone can try it, even if you are not Buddhist.

## ► Preparation

Find a comfortable position and take a few slow deep breaths.

Notice how breathing feels in your body.

Try to set aside any thoughts that may be distracting you.

Loving-kindness meditation practice begins by sharing loving-kindness with yourself.

Some people feel selfish when they share loving-kindness with themselves, but receiving unconditional love is never selfish.

## ► Loving-Kindness for Myself

Set a timer for 5-10 minutes and repeat these four statements silently to yourself at a gentle pace:

**May I be safe.**  
**May I be healthy.**  
**May I be happy.**  
**May I be at peace.**

Take your time and focus on the meaning of the words.

Notice any feelings, sensations, urges, and images that arise when you share loving-kindness with yourself.

If you notice a difficult feeling like anger, grief, or sadness, try to accept this as a sign that your heart is softening.

## ► Turning Outward

After you have shared loving-kindness with yourself, you can also reflect on loving-kindness for another person you choose.

Here are some people for whom you might feel loving-kindness, in order from easiest to most challenging:

- a loved one
- a neutral acquaintance
- a stranger
- a difficult person
- an adversary or enemy
- all beings everywhere

What blocks me from feeling compassion:

## ► Loving-Kindness for Someone Else

After you have selected another person to share your loving-kindness with, set a timer for 5-10 minutes and repeat these four statements silently to yourself at a gentle pace 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 focus on the meaning of the words.

Notice any feelings, sensations, urges, and images that arise when you share loving-kindness with another person.

If you notice a difficult feeling like anger, grief, or sadness, try to accept this as a sign that your heart is softening.

## ► Keep Cultivating Peace

The more you practice loving-kindness, the easier it will be to cultivate feelings of compassion and peace in your life.

Before you know kindness as the deepest thing inside,  
you must know sorrow as the other deepest thing.

You must wake up with sorrow.

You must speak to it till your voice  
catches the thread of all sorrows  
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,  
only kindness that ties your shoes  
and sends you out into the day to gaze at bread,

only kindness that raises its head  
from the crowd of the world to say

It is I you have been looking for,  
and then goes with you everywhere  
like a shadow or a friend.

***Naomi Shihab Nye***