



## Loving-Kindness Meditation

Loving-kindness meditation strengthens feelings of kindness and connection towards ourselves and others. This type of meditation can enhance self-transcendence, purpose in life, and your propensity to experience positive emotions. There are different forms of this meditation, but here are the basics. Give it about twenty minutes, beginning just as you would with other breathing or mantra-based meditations:

- 1. Find a comfortable place to sit, either in a chair or on the floor. Close your eyes. Take a few moments to just be, just noticing the sounds, smells, and feelings. Allowing yourself to settle down, turn your attention to your breathing.**
- 2. Notice the way your body automatically, effortlessly inhales and exhales.**
- 3. Don't try to manipulate your breath in any way. Notice the feeling of air moving in and out of the nose and the easy, natural way your body moves.**
- 4. Imagine yourself in a beautiful place. As you continue breathing in and out, say to yourself, "May I be happy and free of suffering." (You can use many other salutary phrases here such as "health" or "strength"—or create your own.)**
- 5. Next, imagine a new person entering your beautiful place. This is a person you care for a great deal. Again, as you continue breathing in and out, say to yourself, "May you be happy and free of suffering."**
- 6. Now move to another person entering your beautiful place. This is a person who provokes no feeling of like or dislike. A neutral person. It could be a bank teller or a waitress you recently interacted with. As you continue breathing in and out, say to yourself, "May you be happy and free of suffering."**
- 7. Now move to another person. A person who provokes feelings of dislike. Again, as you continue breathing in and out, say to yourself, "May you be happy and free of suffering."**
- 8. Finally, extend these feelings of loving-kindness to the world. To all living beings. Bring them into your special place and say to yourself, "May all beings be happy and free of suffering."**
- 9. Take a minute or so with your eyes shut before going back to your daily routine.**

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