

## 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 to bring not only awareness, but 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, a grandparent, your cat or dog—whomever naturally brings happiness to your heart. Letting yourself feel what it's like to be in that being's presence. Allowing yourself to enjoy the good company. Create a vivid image of this being in your mind's eye.
- Now, recognize how much 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.*
- You may wish to use your own words to capture your deepest wishes for your loved one, or continue to repeat these phrases.
- When you notice that your mind has wandered, returning to the words and the image of the loved one you have in mind. Savoring 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 (we) be happy.*
  - *May you and I (we) be peaceful.*
  - *May you and I (we) be healthy.*
  - *May you and I (we) live with ease.*
- 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, or elsewhere, 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.*
- Finally, taking a few breaths and just resting quietly in your own body, accepting whatever your experience is, exactly as it is.
- Gently opening your eyes.