

# Loving Kindness Meditation

The Loving Kindness Meditation is a simple exercise where you recite positive thoughts about yourself and others. Speaking this meditation can immediately improve your mood because it focuses you on the positive things in your life and your sense of purpose. The effects of this practice can also be surprisingly long lasting. Studies show that the regular practice of this meditation can increase your resiliency and bring you a sense of fulfillment you may have never thought possible.

This meditation has five simple steps. It begins by expressing positive thoughts for yourself followed by positive thoughts for someone you care about. Then it requires something you may not have done before; you send out positive thoughts towards someone you feel neutral about, followed by positive thoughts towards someone you dislike. Then you direct your positive thoughts out to the universe.

This meditation takes just a few minutes, but it goes a long way to opening up your positive emotions and letting go of your negative judgments.

## Here's How to Do It

1. Sit comfortably with your eyes closed.
2. Imagine yourself in a place where you feel complete satisfaction and have an all-encompassing sense of well-being. Perhaps you are sitting on a beach at sunset with the warm glow of the sun still on your skin. Perhaps you are in your own living room, surrounded by people who love you. Think of a place that makes you unspeakably happy.
3. Now say the following phrases out loud.

*I wish for happiness, calm, and peace for myself.*

Now visualize someone you care about and say: *I wish for happiness, calm, and peace for you.*

Now visualize someone you feel neutral about—someone you neither like nor dislike, and say: *I wish for happiness, calm, and peace for you.*

Now think of someone you *don't* like and say: *I wish you happiness, calm, and peace.*

Finally, direct your loving kindness to the universe and say: *May all beings everywhere find happiness and peace.*