

## LOVING-KINDNESS FOR OURSELVES

- Please find a comfortable position, sitting or lying down. Letting your eyes close, fully or partially. Taking a few deep breaths to settle into your body and into the present moment.
- Putting your hand over your heart, or wherever it is comforting and soothing, as a reminder that you are bringing not only awareness, but *loving* awareness, to your experience and to yourself.
- After awhile, feeling your breath where you notice it most easily. Feeling your body breathe in and out, and when your attention wanders, noticing the gentle movement of your breath once again.
- Then gently releasing your focus on the breath, or continuing to have a background awareness of your breath as you begin offering yourself words of kindness and compassion, over and over ...words that you need to hear, words you can savor.
  - If you already have phrases that are meaningful to you, please use these.
  - If you are new to meditating with phrases, please open your heart and mind to *what you need to hear* – words of wisdom and compassion that speak to you in the deepest way.
- Opening your heart to these words, *whispering* them gently into your own ear, again and again.
- Perhaps *hearing* the words from the inside, allowing them to resonate within you.
- Allowing the words to *take up space*, to *fill your being*, if only for this one moment.

Whenever you notice that your mind has wandered, refreshing your aim by feeling the sensations in your body. Coming home to your own body. And then feeling the importance of your words. Coming home to kindness.

- Finally, releasing the phrases and resting quietly in your own body.
- Gently opening your eyes.

