

Meta or Loving Kindness Meditation

Get into a comfortable position. You can be sitting or lying down. Take a few deep breaths and think of someone who truly loves you. This can be someone from your present or past life - it can even be a beloved pet. Accept into your heart and mind the love they have felt for you.

Now opening your heart and mind say these words to yourself with a deep feeling of friendliness to yourself.

May I be safe and free from suffering]

May I be as happy and healthy as I can possibly be

May I have ease of being

Imagine each of these phrases as warm golden light filling your heart and sending peace and relaxation to every cell in your body.

This is for you.

If you find it difficult to bring forth any sense of friendship towards yourself, bring to mind a person or even a pet who in the past or present, has loved you unconditionally. Once you have a clear sense of their love for you see if you can return to offering this love to yourself.

May I be safe.....

When you are doing this at home, stay with each phase of this meditation for as long as you wish, but now bring into your mind someone who you love, Perhaps a grandchild or sibling or spouse. Someone who warms your heart. Let's send this wish to them.

May they be safe....

Once again notice what arises in your mind and body as you hold this person in your heart , wishing them well. Again allow responses to come, don't judge how you feel, just notice it. Take your time. Pause between phrases, listening attentively. Breathing .

May they be safe...

Now choose a stranger. Perhaps someone you have seen here at SOAR but you don't know their name. Someone you feel neutral about. Recognize that although you don't know them, they have a life full of hopes and fears like you have. They too wish to be happy as you do. So, keeping them in heart and mind, repeat the phrases and wish them well.

May they be safe...

Now, if you wish to extend this meditation further you might bring to mind someone whom you find difficult either in the past or present. This doesn't have to be the most difficult person in your life but whomever you choose, now intentionally allow them to be in your heart and mind, acknowledging that they too may wish (or have wished) to be happy and to be free from suffering. May they be safe...

Listen, breathe, explore the feelings that come without censoring or judging them.

Remember that if at any time you feel overwhelmed or drawn away by intense feelings or thoughts you can come back to your breath and an awareness of your body and anchor yourself in the present moment, treating yourself with kindness.

Finally, let's extend loving kindness to all beings including your loved ones, strangers and those you find difficult. The intention here is to extend love and friendship to all living beings on the planet. The children of Aleppo, the homeless, all those who are suffering .

May they be safe...

Now, just take another moment to return to your breath, resting in a clear awareness of the present moment.

You can open your eyes .