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Beginner lessons for Loving Kindness

Cultivate compassion with Loving Kindness meditation.

DEFINITION

> Loving Kindness meditation is a practice of sending goodwill and kindness to yourself and others. It helps develop compassion and emotional well-being.

KEY CONCEPTS

Metta

Metta means unconditional love and kindness towards oneself and others.

Visualization

Visualizing loved ones or even strangers while wishing them well enhances the practice.

Affirmations

Using phrases like 'May I be happy' helps focus your intentions during meditation.

Breath Awareness

Focusing on your breath helps ground you and maintain presence during the practice.

Gradual Expansion

Start with yourself, then gradually extend kindness to loved ones, acquaintances, and even difficult people.

EXAMPLES

→ Silently repeat 'May I be safe, may I be happy.'

→ Visualize a friend and wish them well with loving thoughts.

→ Extend kindness to a stranger you see during your day.

MEMORY TIPS

★ Remember 'Metta' as 'Me + Ta' for self-love.

★ Use the acronym 'B.A.M.' for Breath, Affirmations, and Metta.

★ Think of 'Kindness' as a 'Kind' gift you give to yourself and others.

COMMON MISTAKES

✗ Focusing too much on negative feelings instead of cultivating kindness.

✗ Rushing through the practice without proper mindfulness.

✗ Neglecting to include oneself in the loving-kindness wishes.

QUICK RECAP

Loving Kindness meditation fosters compassion through positive affirmations and visualization. Start with yourself and gradually extend kindness to others, ensuring a mindful and present practice.