

LOVINGKINDNESS (METTA) MEDITATION

Begin by offering lovingkindness to yourself by saying silently:

MAY I BE SAFE
MAY I BE HAPPY
MAY I BE HEALTHY
MAY I LIVE WITH EASE

Repeat these phrases inwardly with enough space between them so you can savour them. Note that you can, if you choose, change the words to ones that resonate more fully with your felt experience. Then continue by sending the phrases to others:

- Someone you love/feel connected to or someone who has helped or inspired you.
- Someone you know who is hurting or having a difficult time at present.
- A neutral person. Someone you encounter now and then (e.g. neighbour, dog walker)
- A difficult person with whom you have a rupture**
- To all living beings – near and far.

**If you find this too hard, just turn back the lovingkindness toward yourself as being worthy of some compassionate attention as you recall the hurt you feel in this broken relationship.

LOVINGKINDNESS MEDITATION FOR CAREGIVERS

Skillful caregiving depends on balance – the balance between love and compassion for oneself and love and compassion for another; the balance between opening one’s heart fully and accepting the limits of what one can change. Moving our hearts toward balance allows us to care and yet still cope because of that caring.” (Salzberg, 2011 p. 159)

Choose one or two phrases (some options follow) that are personally meaningful and reflect the balance you seek. As before, repeat the phrases inwardly with adequate space between them to allow them to become embodied.

MAY I FIND THE INNER RESOURCES TO BE ABLE TO GIVE TO OTHERS AND RECEIVE MYSELF

MAY I SEE MY LIMITS COMPASSIONATELY, JUST AS I VIEW THE LIMITATIONS OF OTHERS

MAY I REMAIN PEACEFUL, AND LET GO OF EXPECTATIONS

MAY I OFFER LOVE, KNOWING I CAN’T CONTROL THE COURSE OF LIFE, SUFFERING OR DEATH

I WISH YOU HAPPINESS AND PEACE, AND KNOW I CANNOT MAKE YOUR CHOICES FOR YOU