



Loving Kindness Meditation

Thinking good thoughts about ourselves and others can help us be happier and healthier.

Loving-kindness is a meditation practice that consists of sending love, kindness, and compassion by directing positive thoughts, good intentions, or well wishes toward ourselves and others. Practicing the loving-kindness meditation has been shown to decrease stress and anger and increase feelings of hope, empathy and self-esteem.

Here's how to develop this practice with your kids!

Getting Started

1. Choose a place that is free from distractions sit or lie comfortably.
2. Close your eyes to avoid any visual distractions.
3. Place one or both hands on your heart and take six deep belly breaths.
4. Repeat these phrases silently in your head a few times, directing the phrase towards yourself.
May I be happy
May I be healthy
May I be safe
May I be peaceful
5. Then direct the same phrases towards other people, such as a loved one, or even a difficult person.
May you be happy
May you be healthy
May you be safe
May you be peaceful
6. Finally, direct the same phrases to the whole world.
May we be happy
May we be healthy
May we be safe
May we be peaceful

