

MtM Meditation Series
LOVING KINDNESS

Warm-up: Simply Being, Mary Maddux (5:00 Insight Timer)

Loving Kindness Meditation is another form of mindfulness where you can focus on yourself and others. The first step in this is to be good to yourself. Many people find it easy to be giving to others, but more difficult to offer kindness to themselves. So the loving kindness should be offered to yourself first. You can use a relaxing meditation with nature sounds or visualizations where you are laying in peaceful sunlight, or enjoy a warm bath, or shower. Such a meditation is the first gift of loving kindness and it is offered to you.

This first meditation tonight is a bit different, where you will smile with different parts of your body. **Whole Body Smile Meditation, Tatjana Mesar (8:42 Insight Timer)**

Traditional Loving Kindness Meditation--Self

This meditation generally begins with relaxation and following the breath, as we've done in other mindfulness meditations. Once you are relaxed and peaceful, you begin working with silent mantras. The traditional Loving Kindness mantras generally begin with "May I be happy," "May I be healthy" or some variation on these ideas. There can be anywhere from 2-6 different mantras to work with, depending on who is leading the meditation. This particular meditation will focus on the self, using two mantras. **Self Compassion, Fiona Somers (9:00 Insight Timer)**

Traditional Loving Kindness Meditation—Self and Others

The second step in the Loving Kindness approach is to turn the energy outward. Once you've offered the mantras to yourself, you begin offering them to others—to people you know and love, to those you may not know who are suffering, even those you know and do not like, maybe those who make your life difficult. This is what we will do in this Loving Kindness meditation, using more than two mantras. **Loving Kindness Practice, Naomi Goodlet (9:02 Insight Timer)**

Non-Guided Practice with Sound

Here we will simply meditate to the sound of the ocean with drums and bells. As you focus on any of the sounds, you can picture that energy being focused in a positive way, washing over yourself and others. **Ocean Drum Meditation, Johnny Scifo (5:00 Insight Timer)**