

A Guided Meditation for Loving Kindness (Metta) Meditation

There are many benefits of meditation. If you practise this metta meditation regularly it can help you stay positive towards yourself and others. It can also help to keep you calm in difficult situations and reduce irritation and anger. Kindness is an antidote for anger and irritation.

Many of you have done this with me before and my favourite way is during the Sun Salutations as it brings this meditation into both body and mind but anything will work, even just reading it mindfully:

- 1. Sit quietly and comfortably.**
Sit in a comfortable way but without being in a sleepy position. For example, back straight, head up, feet on the floor and your arms gently in your lap. Breathing naturally. Watch your breath going in and your breath going out. Keep focusing on your breathing for a while.
- 3. Read either silently or aloud letting the words sink in and resonate with you**
May I be full of loving kindness
May I be happy
May I be peaceful and at ease
May I be well.
- 4. Bring into your mind someone who inspires you**
Engulf them with this warmth and caring. See them happy and smiling:
May you be full of loving kindness
May you be happy
May you be peaceful and at ease
May you be well.
- 5. Do this with someone else who is closely to you that you care about or love**
- 6. Do this with someone you barely know or feel neutral towards**
- 7. Do this with someone you got irritated/upset with recently or have negative feeling towards.**
- 9. Do this once more for all beings everywhere. Radiate the warmth and love to all**
- 10. Bring your attention back to yourself,** so the feeling fills your whole being, breathing in peacefully, breathing out peacefully, at peace with yourself and the world.