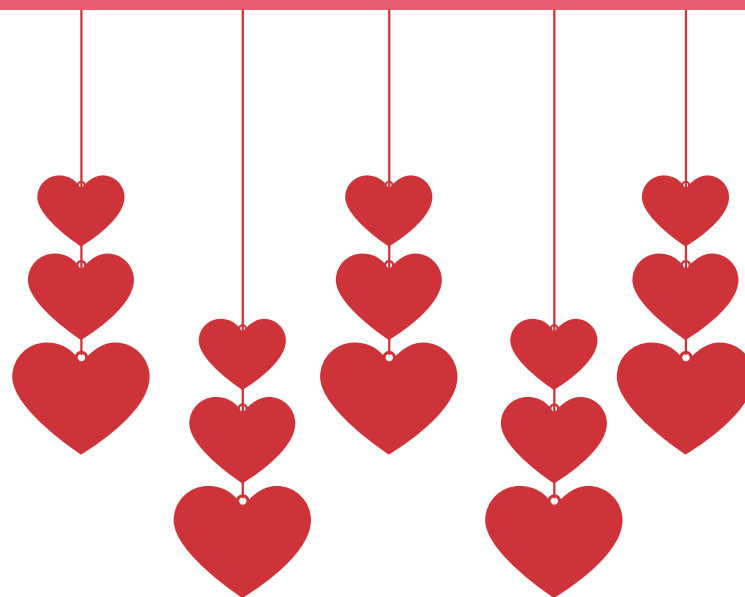


"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."
-Helen Keller



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LOVING-KINDNESS MEDITATION



15 mins



1 Day



Alone

Fold me

Fold me



THE WHY

The need to connect with others is a powerful human drive. Did you know that you can enhance your feelings of connection with others using meditation? Specifically, research demonstrates that one form of meditation, Loving-Kindness Meditation, can enhance feelings of connection and positive regard for others. Furthermore, Loving-Kindness Meditation has other benefits for the practitioner, including enhancements in positive emotions and work satisfaction.

What is Loving-Kindness Meditation? Loving-Kindness Meditation is a form of meditation that focuses on developing compassion toward the self and others. The following activity will introduce you to Loving-Kindness Meditation.

HOW TO DO IT

For the Loving-Kindness Meditation, we recommend reading over the whole activity first and, then, closing your eyes to practice the activity.

Preparation: Find a comfortable and quiet spot to sit in. Sit up straight with your feet touching the floor. Relax all your muscles. Take a deep breath in. Take a deep breath out.

Hutcherson, C. A., Seppala, E. M., & Gross, J. J. (2008). Loving-kindness meditation increases social connectedness. *Emotion*, 8, 720-724. doi: 10.1037/a0013237

Zeng, X., Chiu, C. P., Wang, R., Oei, T. P., & Leung, F. Y. (2015). The effect of loving-kindness meditation on positive emotions: a meta-analytic review. *Frontiers in Psychology*, 6, 1-14. doi: 10.3389/fpsyg.2015.01693

CONT: HOW TO DO IT

(1) Self: First, you'll direct loving-kindness toward yourself. Do this by thinking about someone who loves you very much. Imagine that they are sending love your way. Think about how this feels. Bask in this warmth. Then, repeat the following in your mind three times: *May I be happy. May I be safe. May I be healthy. May I be at peace.*

(2) A loved one: Next, envision someone that makes you feel happy the moment you think of them. Imagine sending love and positive feelings their way. Then, repeat the following in your mind three times: *May you be happy. May you be safe. May you be healthy. May you be at peace.*

(3) A difficult person: Envision someone with whom you've had difficulty in the past. This may be a coworker with whom you've had a disagreement. Imagine sending love and positive feelings their way. Then, repeat the following in your mind three times: *May you be happy. May you be safe. May you be healthy. May you be at peace.*

(4) All humans: Lastly, you'll extend loving-kindness out into the community. Envision taking the positive feelings that you've created thus far and extending them out from yourself to the rest of the world. Then, repeat the following in your mind three times: *May you be happy. May you be safe. May you be healthy. May you be at peace.*