



Loving kindness and care

teacher's notes

Among meditation methods (such as using the breath, using sound, using an object – for reference see topic Mindfulness and Meditation) the meditation on loving kindness (or *metta* in Pali language) is specifically helpful in terms of emotional and physical resilience, in terms of our relationships with others and the relationship we have with ourselves.

Loving kindness meditation can help us reconnect with the love deep inside of us so we have confidence in ourselves and are then better able to love others.

In this meditation you start by focusing on those who have been kind to you. You may have experienced love with members of your family, with friends or with a pet. Whatever your experience of the love and kindness of others, however small and however fleeting, you remember that and recognise that you are lovable. Once this is well established you extend that loving feeling progressively, in ever increasing circles, first to those who are dear to you, then to people you feel neutral or indifferent towards (people like shop workers who we do not really notice in our daily life) and finally to those you have problems with. Lastly, your love embraces all beings in the universe.

With each phase of the practice you repeat the following phrase to yourself again and again: “May I/ you be happy, may I / you be well.”

You can find a short exercise related to loving kindness in the presentation slides.

You can also use the video with a guided loving kindness practice or guide it yourself (see loving kindness practice script).