**Unconditional Friendliness**

The intention of loving kindness runs throughout our formal

mindfulness practices…This meditation calls our

attention to it specifically… in loving kindness meditation

you are setting an intention to nurture the quality of loving

kindness that already exists within... while being with

whatever is present in the senses, thought, or emotions,

without judgment …

By practicing loving kindness meditation you are

becoming more familiar with this quality, so that it is easier

to recognize when it arises spontaneously in your practice,

so that it is more available to you in daily life. The practice

of loving kindness meditation is — just as is mindfulness

— a life-long commitment… and an investment of time

and energy that delivers immeasurable value….

This meditation involves repeating a set of phrases that

point to the innate quality of loving kindness… The phrases

in this recording are some of many possible phrases that

can be used. If any part of the approach or of the four central

phrases do not suit you, please feel free to make any

changes that make it more friendly and appealing to you…

The intention of the practice is to cultivate loving kindness

— for yourself and for others…

Taking your usual posture for meditation… feeling your

body where it makes contact with the support beneath you,

and settling in… perhaps centering yourself by making the

breath the focus of your attention…

Feeling the breath moving and the body sitting…

And when you are ready, bringing to mind someone that

it is easy to feel loving kindness towards… someone from

the past or present, perhaps a child, or a pet… an easy,

simple relationship may be best…

Allowing yourself to hold them in your awareness …

perhaps seeing them in your mind’s eye or perhaps feeling

a sense of them in your heart… can you feel a sense of loving

kindness towards them?

As you hold them in your awareness, beginning to send

wishes of loving kindness to them…. Silently repeating

these phrases …

May you be peaceful and happy

May you be safe from harm

May you be as healthy and strong as you can be

May you live with ease of well-being…

When you’re ready, allowing the image or felt sense of

your chosen one to fade … and seeing how it is for you to

be the one who receives loving kindness… resting here in

your own kind regard, sending yourself these well wishes

… allowing yourself to take in these phrases … to say them

silently for yourself …

May I be peaceful and happy

May I be safe from all inner and outer harm

May I be as healthy and strong as I can be

May I live with ease of well-being…

Maybe it seems artificial and stilted to say such things to

yourself, for yourself… maybe you’re not feeling loving

kindness in this moment — and that’s OK — whatever

you’re feeling, you can hold the intention of loving kindness…

offering it from wherever you are… however you

are now….

So practicing once more… noticing how you may be

drawn towards this practice or drawn away from it…

May I be peaceful and happy

May I be safe from harm

May I be as healthy and strong as I can be

May I live with ease of well-being…

And now exploring the experience of moving loving kindness

outward again, bringing to your heart and mind someone

to whom you would like to send loving kindness …

and with the same intention you have been directing

towards yourself, offering these wishes…

May you be peaceful and happy

May you be safe from harm

May you be as healthy and strong as you can be

May you live with ease of well-being… (Long pause).

Holding them in your awareness and sending loving kindness

with these phrases… or phrases of your own…

May you be peaceful and happy

May you be safe from harm

May you be as healthy and strong as you can be

May youlive with ease of well-being… (Long pause).

Being mindful of the quality or qualities that are arising in

the moment, and letting go of judgment… You may or may

not be feeling loving kindness… and that’s simply how it

is right now — remembering that the heart has its seasons,

and feelings cannot be forced… giving yourself permission

to be just as you are...

Just as you are, you can continue to hold the intention of

loving kindness … so now, expanding your awareness to

include others… intending peace and well being for those

you know well…

And those you know less well…

Those you love…

And those you love less…

And perhaps going a step further and intending peace and

well being for everyone…

May everyone be peaceful and happy

May everyone be safe from harm

May everybody be as healthy and strong as they can be

May we all live with ease of well-being… (Long pause).

Aware of how it is with you right now…noticing what is

arising as you offer these wishes…

May everyone be peaceful and happy

May everyone be safe from harm

May everybody be as healthy and strong as they can be

May we all live with ease of well-being… (Long pause).

And when you’re ready, bringing your attention back to the

breath moving in the body… Sensing the body sitting here,

breathing, in this moment… noticing thoughts and feelings,

and allowing yourself to be exactly as you are —

which in and of itself is an act of loving kindness.