

Loving-Kindness Meditation - 2,500 Years Old

(A Short Loving Kindness Meditation that you can do at home)

Begin with taking 5 abdominal breaths.

Place one hand on your chest and the other on your abdomen. When you take a deep breath, the hand on the abdomen should rise higher than the one on the chest. This insures that the diaphragm is expanding, pulling air into the bases of the lungs.

Take a slow deep breath in through your nose imagining that you are sucking in all the air in the room and hold it for a count of 7 (or as long as you are able, not exceeding 7)

Slowly exhale through your mouth for a count of 6-8. The exhalation should be twice as long as inhalation.

Repeat the cycle four more times for a total of 5 deep breaths.

Try and reduce your breathing rate to 6 breaths per minute (one breath every 10 seconds)

Then direct the Loving-Kindness Meditation to yourself...

May I be filled with loving-kindness
May I be well
May I be peaceful and at ease
May I be happy

Then direct it towards someone or something that may be causing you discomfort or negative emotions...

May you be filled with loving-kindness
May you be well
May you be peaceful and at ease
May you be happy

Finish with 5 more deep abdominal breaths.