

# Loving Kindness Meditation

This *Loving Kindness Meditation* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: [www.WyldWomanCoaching.com](http://www.WyldWomanCoaching.com) where you can download more worksheets to help positively change your life.

This Loving Kindness Meditation is steeped in POSITIVITY.

Although I've been practicing meditation on and off throughout my life through different modalities such as Reiki and Chi Gong I was unaware of the vast difference POSITIVITY makes to our life and lifestyle (yes, I knew the benefits – but nowhere near as much)... until I read Barbara Frederickson's book Positivity. Barbara's book was a missing puzzle piece and a welcomed light-bulb moment. In this book she discusses key evidence from research of nearly 300 different scientific studies of positivity on over 275,000 people. I bought my copy on Ebay and highly recommend grabbing a copy for yourself.

Overall the evidence in Positivity proved that the forms of positivity are a solid and successful way to positively improve your life... and so I became curious about increasing this uplifting vibe.... and choose a few different strategies including an open heart meditation.

After only four days of practicing a Loving Kindness Meditation, and contemplating on Positivity, I felt how my habit of ruminating constricted my heart-center, tightened my neck muscles and built up a wall of protection between myself and others. After the fourth session my stomach area was relaxed and I was amazed. My neck moved more easily. A friend of mine said to me, "You're speaking slower!" and yes, I was. I was feeling serene. After this session I decided to invite others to join me on this heart and mind opening journey and do their own Loving Kindness Meditation. If it felt this good for me, I'm sure it will be for others too.



## The Many Benefits of Increasing Positivity in Your Life

You can choose any form of positivity to increase and gain many benefits. This Loving Kindness Meditation is just one of them. Research under the banner of positive psychology has proven that positivity (a positive mindset):

- reduces blood pressure,
- takes away the fog of depression,
- increases optimism and resilience,
- helps people bounce back from setbacks,
- improves social interactions and connections,
- opens your mind to new possibilities so you no longer feel stuck in a sabotaging or hindering routine or belief system,
- reduces stress and anxiety,
- opens your mind to new ideas and possibilities,
- increases feelings of happiness and satisfaction,
- and so much more.

If you are feeling stuck or frustrated in life and feel as though you can't make any changes to improve it, or if you are feeling bouts of depression and experience crash times in a state of misery, or if you are constantly stressed and can't wind down or sleep peacefully... I encourage you to do this Loving Kindness Meditation.

### How Many Days?

The Loving Kindness Meditation is beneficial no matter how many days you do it for. Some people recommend doing it for 21 days, while others suggest a 90 day meditation.

Every part of your being changes every day and this is determined on how you feel and, yes, you've probably guess by now that positive emotions may be life-giving. So, it makes sense then that after three months of a Loving Kindness Meditation you have altered your habitual patterns into positivity and in turn this gives your new cells full permission to completely rewrite any illness or disease.

Everyone has an inner well of positivity they can tap into at any time. It's simply a matter of putting into place a new habit/routine in your life. This is what I'm doing in my daily routine that makes me feel uplifted and energised:

Observe thoughts and when negativity appears (for me it's in the form of misery, pity and poor me, but yours may be different) list things, in your mind, that you're grateful for. An excellent way of catching negative thoughts is to monitor your physical reactions – if your jaw tenses, stomach tightens or a headache forms it is usually an indication of a negative thought (everyone has different triggers and if you become familiar with yours you'll be able to stop negativity in its tracks!).

In the evening write down five things that went well that day. This trains your mind to think about what's going right for you, creating a positive mindset and staying open.

### **The Loving Kindness Meditation Process**

Practice the Loving Kindness Meditation for a minimum of 20 minutes each day.

The meditation can be organic and flowing as each person is unique, so feel free to change the process to suit you. I put aside at least 20 minutes for this open heart meditation, but have found myself absorbing the blissful state for over an hour and then peacefully falling asleep. (I have been sleeping deeply!).

Oh, this is a great meditation for beginners too.

1. Take your time to get comfortable and take deep breaths to relax your body.
2. Observe your breath for a few minutes and become fully aware of the present moment and your surroundings.
3. Observe your thoughts as they come into your mind, and then let them go. Do this for a few minutes as well.
4. Next, bring to mind a person or pet that you love and fully absorb yourself in the feeling of love. Let this feeling expand and sit with it for as long as you like.
5. Then bring the warm feeling of love inwards, to you. Allow yourself to experience this feeling of love from the inside. Love yourself. Do this for as long as you like.
6. Observe and recognise this warm, caring, gentle feeling of love. How does it feel inside of you? How does it make you feel?
7. Next radiate your warm, tender feelings to someone else – perhaps a friend or family member. Hold this vision for as long as you like. Wish them health, happiness, safety and peace.
8. Then bring to mind other people and radiate this loving feeling to them. Bring to mind plants and animals. Wish them health, happiness, safety and peace.
9. Expand this feeling to people in your neighbourhood, your city, state, country and the world.

Enjoy!