

Loving Kindness Meditation - CCnDoc Style

Loving kindness meditation is about increasing self-love as well as compassion for others, and contributing to universal consciousness in a positive way. It is meant to be a calming and uplifting practice.

STEP 1

Choose 3, 6 or 9 of the Loving Kindness Words that resonate most with you, your desires and needs. You can also change our words or select words of your own. We always suggest including the word LOVE!

Put your words in sets of 3 in a way that feels good to speak out loud or in your mind:

Ex.) Peace, Love, Joy

STEP 2

Find a comfortable quiet space (with or without music) where you won't be distracted (bedtime is OK).

Say (out loud or to yourself) each set of (3) words starting with I AM...

"I AM Peace, I AM Love, I AM Joy." or
you can shorten it to "I AM Peace, Love & Joy."

Repeat each phrase three times. You can even turn it into a song or a chant.

Once you have completed all of your sets of 3, now picture your friends, loved ones, or a specific person whom you want to send positive/healing energy to, and begin again, repeating each phrase three times the same as you did before:

"YOU are Peace, YOU are Love, YOU are Joy."

Finally, picture in your mind the world (and all of its people) and begin again repeating three times:

"WE are Peace, WE are Love, WE are joy."

STEP 3

At the end, take time to reflect on your mood how you feel in your body. Set your intention for today (AM) or tomorrow (PM). Give yourself kudos for completing your meditation for the day!

Note: The traditional Loving Kindness Meditation method uses "May I be, May You be, May We be..." You can use these if you prefer (you may need to change the word endings).

Ex. Peaceful from Peace

Words of Loving Kindness

Peace	Love	Light
Safe	Well	Strong
Wisdom	Abundance	Faith
Trust	Compassion	Gratitude
Joyful	Healthy	Free
Kind	Whole	Centered
Knowing	Beautiful	Divine
Giving	Understanding	At Ease
Whole	Calm	Perfect
Fearless	Manifesting	In Flow
Transformation	Growth	Evolving
Intuition	Acceptance	Serenity
Effortlessness	Harmony	Contentment
Grace	Courage	Happy