

'Loving-Kindness' meditation two:

Arrange yourself in a comfortable position where you don't feel constrained by clothing, furniture or the proximity of others. Your head, neck and chest should be in a straight line.

Pause for two breaths.

I will say a line from the meditation and pause, you do not need to speak but try and visualise that which is being described as I speak.

*Pause for two breaths*

May I enjoy happiness and the root of happiness.

*Pause for one breath*

May (someone – insert name – who I feel sincere goodwill and tenderness – someone beloved) enjoy happiness and the root of happiness.

*Pause for one breath*

May (someone – insert name – who is a friend) enjoy happiness and the root of happiness.

*Pause for one breath*

May (someone – insert name – who I feel neutral or indifferent about) enjoy happiness and the root of happiness

*Pause for one breath*

May (someone – insert name – who I feel is difficult or offensive) enjoy happiness and the root of happiness

*Pause for one breath*

May (I, my beloved, my friend, the neutral person, the difficult person) all together enjoy happiness and the root of happiness

*Pause for one breath*

May all sentient beings enjoy happiness and the root of happiness (2002, p. 130)

*Pause for two breaths*

Chödrön, P. (2002). *The places that scare you: A guide to fearlessness in difficult times*. Boston, Massachusetts: Shambhala Publications, Inc.