


Loving-Kindness

Part 13.1

Cultivating Care for Others



Loving kindness is not technically a mindfulness meditation, but it's often used in conjunction with mindfulness, and really helps support our mindfulness practice.

the way to practice loving kindness
is, we'll be using a set of phrases of
wishing well for other people

repeat the phrases in our mind
like a mantra

and what we do is bring to mind
certain people as we say these
phrases

just set the intention for wishing
well for these people

just to be setting the intention

laying the groundwork to begin
cultivating this well-wishing in our mind

We're actually strengthening
these neural pathways of
wishing well for other people.

we're just going to imagine
someone in our life that we
care about

while we're picturing this person, we're
going to repeat a phrase in our mind

a phrase of well-wishing, or of
health and happiness

“May you be happy and peaceful,”



and we'll just
wish this to one
of our friends or
benefactor,
and we can
imagine them
being happy
and peaceful



“May you be healthy and strong.”



“May you feel safe and protected.”



“May you live with ease and well-being.”



when we send these phrases to
different people, it's not about
actually making these things come
true for these other people

it's much more about how we're
changing and transforming our
own heart and mind

We're making our mind a more loving place, rather than being selfish and really self-centered and self-absorbed.

We're beginning to cultivate a
culture of care and interaction with those
around us.

transforming our own heart and
mind, though, there can be
some benefits to this in your
relationships

When you transform your own heart, you actually might end up having a better relationship with those around you because of what you're bringing to the relationship.

this is the practice of loving
kindness

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