

Mindful Practice Group Worksheet – March 2017

Loving Kindness for all

“PRACTICING MINDFULNESS
WITHOUT PRACTICING
COMPASSION IS LIKE
DRINKING GIN WITHOUT
TONIC.”



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Loving Kindness for All

Loving kindness or compassion is a big part of mindfulness. When we give compassion to ourselves or others, it releases a positive energy that helps bring happiness into our lives. Loving kindness can feel easy to those we love and care about but what about those people we find harder to love? Our enemies? People we feel we have no respect for. If we can find loving kindness for people we struggle to give it to, this will help us feel calmer, more at peace and definitely more mindful! If you read the page below in the link for science based reasons, being kind is also good for your physical health. Over a nine week period, research showed that this type of meditation increased people's experiences of positive emotions.

The research shows compellingly that it actually puts people on "trajectories of growth," leaving them better able to ward off depression. This is probably because it increases a wide range of those resources that make for a meaningful and successful life, like having an increased sense of purpose, stronger social support, and less illness. Research even shows that loving-kindness meditation "changes the way people approach life" for the better.

Group discussion

Loving kindness exercise from The Mindfulness Association Mindfulness Training

1. The practice involves repeating three or four phrases or wishes for a person or animal towards whom we feel genuine kindness. Imagine the person or animal sitting before you as you say them. Some examples of traditional phrases include: May you be well; May you be happy; May you be free from suffering; May you be free from danger (including dangerous mind states); and May you live with ease (may life go easily). Pick three or four of the above phrases which are meaningful to you. If these phrases are not meaningful to you, then make up your own set of phrases.
2. Choose a person or animal for whom you feel genuine concern as you say these phrases. You might not feel this towards them all of the time, and this is OK. In doing this practice we are connecting with feelings of kindness we have already, however intermittent or conditional. We are not trying to force anything or to squeeze out any particular feeling from our hearts. If things feel dry or distant, that is fine. That is our experience. We might find that, through this practice, our hearts open allowing sensations of warmth and connection to arise and grow. If this is the case then from time to time during the practice, move your awareness into your body to sense how kindness feels in your body.
3. We might find that, through this practice, blocks to kindness, such as fear, anxiety or anger arise. This is OK too and provides us with an opportunity to learn more about ourselves and our habitual patterns of thought and behavior. If such blocks arise, then from time to time during the practice, move your awareness into your body to sense how the block feels in your body. Work with the attitude, that whatever arises is OK and just allow thoughts, emotions and physical sensation to come and go in their own good time.

Meditation

Loving Kindness Meditation to Develop Mindfulness and Compassion

https://www.youtube.com/watch?v=-d_AA9H4z9U

Metta Loving Kindness Meditation

<https://www.youtube.com/watch?v=rhavzhse6zs>

Links

<http://www.mindful.org/18-science-based-reasons-to-try-loving-kindness-meditation/>

http://greatergood.berkeley.edu/raising_happiness/post/better_than_sex_and_a_ppropriate_for_kids

<http://www.mindfulselfcompassion.org/>

<http://www.mindfulcompassion.com/>

<http://www.dailymindfulness.com/compassion>

Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that.

-Jon Kabat-Zinn-



InspirationalQuotes.Club