



STARSTUFF MINDFUL LIVING

PRESENTS

LOVING KINDNESS MEDITATION

MINI WORKSHOP

MEDITATION IS ABOUT:

- Natural Breathing
- Awareness of: breath-body-mind-sounds-sensations
- Letting thoughts come and go
- Being in the present moment



LOVING KINDNESS MEDITATION

- Loving Kindness Meditation --AKA-- Metta Prayer → Metta = “Loving kindness”
- We simply send good wishes to ourselves and others
- Set pattern- 3 statements-2x-each to:
 - loved one
 - yourself
 - neutral person
 - challenging person
 - the world



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MINDFUL LIVING

BENEFITS OF LOVING KINDNESS MEDITATION

- Reduces self-criticism and helps bring more compassion to ourselves and others
- Cultivates positive energy & emotions
- Help reduce pain/pain perception
- Tool to add to your “tool box”



Points to Ponder...

➤ Positive change can be challenging

➤ Practice is key to find change

➤ Practice → Change → Compassion for ourselves → Compassion for others

➤ Change takes time and patience

➤ Change will happen!!



LOVING KINDNESS MEDITATION-CHALLENGING TIMES

Think of a person/being easiest for you to love and say:

- MAY YOU BE GROUNDED AND CALM
- MAY YOU BE GROUNDED AND CALM
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH



LOVING KINDNESS MEDITATION-CHALLENGING TIMES

Think of yourself and say:

- MAY I BE GROUNDED AND CALM
- MAY I BE GROUNDED AND CALM
- MAY I HAVE COMPASSION AND KINDNESS FOR MYSELF & OTHERS
- MAY I HAVE COMPASSION AND KINDNESS FOR MYSELF & OTHERS
- MAY I LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH
- MAY I LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH



LOVING KINDNESS MEDITATION-CHALLENGING TIMES

Think of a neutral person and say:

- MAY YOU BE GROUNDED AND CALM
- MAY YOU BE GROUNDED AND CALM
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH



LOVING KINDNESS MEDITATION-CHALLENGING TIMES

Think of a person who challenges you and say:

- MAY YOU BE GROUNDED AND CALM
- MAY YOU BE GROUNDED AND CALM
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH

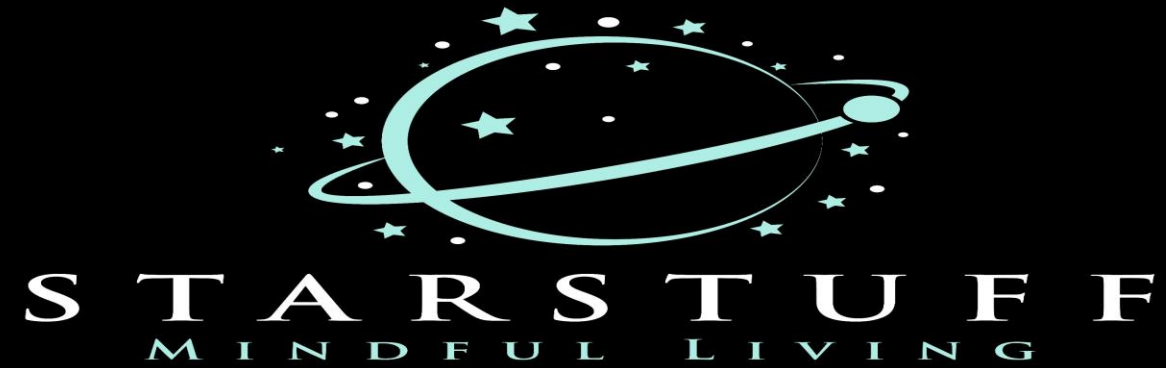


LOVING KINDNESS MEDITATION-CHALLENGING TIMES

Think of all beings everywhere and say:

- MAY YOU BE GROUNDED AND CALM
- MAY YOU BE GROUNDED AND CALM
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU HAVE COMPASSION AND KINDNESS FOR YOURSELF & OTHERS
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH
- MAY YOU LIVE WITH LOVE AND KINDNESS FOR THE WORLD & THE EARTH





~WE ARE STARSTUFF...

~NAMASTE...

REFERENCES & CREDITS

- <https://leisureguy.wordpress.com/2011/04/10/even-meditation-beginners-get-relief-from-pain/>
- <https://www.psychologytoday.com/us/blog/the-athletes-way/201505/how-does-yoga-relieve-chronic-pain>