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*Peace in the moment*  
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### *A Loving Kindness Practice*

Here is a practice that is both simple and transformative. Sit comfortably where you will not be disturbed. Read the meditation, quietly repeat the words and then direct them towards yourself.

Mindfulness is an act of hospitality. A way of being with yourself with kindness and care. Focus on bringing this kindness and care to yourself. Invite it to penetrate into the very cells and essence of your being. Work with whatever is present. There is no need to criticize yourself for not feeling loving or kind. This process simply asks you to open to whatever your experience is no matter what you are feeling or thinking. No need to deny or justify anything. This is about broadening your perspective to include self-compassion when facing difficult aspects we see within ourselves or life.

Take some time to explore the possibility of sitting with yourself as your own dear friend. Connect with your breathing, allow thoughts and feelings to come and go, experiment with the possibility of embracing yourself as you would embrace another dear to you. Silently repeat a phrase of wellbeing on your own behalf. You might offer yourself one or more of the following:

“May I be safe.”

“May I be free from suffering.”

“May I be peaceful.”

“May I be well.”

Find the words that are right for you. If this practice appeals to you, give yourself some time to work with it. By doing so, you send a powerful message of care to yourself. Being with yourself in this way is stepping back into the circle of care that includes you.

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Adapted from Heal Thy Self: Lessons on Mindfulness in Medicine, by Saki Santorelli, PH.D, 1999