

A LOVING-KINDNESS MEDITATION FOR PARENTS PART I

Begin by finding a comfortable position, and practising slow deep breaths for a minute.

Then, bring your awareness to the sensations around your heart area. As you focus, allow the sensations to be as they are, with an attitude of openness, interests, and receptiveness. Sometimes this is enough to connect with feelings of loving-kindness.

Next, think of yourself, and the pain you've experienced, and radiate these same warm feelings towards yourself, while you say the same phrases, slowly and gently:

May I be healthy

May I be peaceful

May I be content

May I experience love

May I experience kindness

May my life be rich and full and meaningful

As you say them, feel the meaning of the words, and radiate feelings of warmth, love, kindness, and tenderness throughout your body, completely accepting every aspect of yourself.

When your mind makes negative comments, just let them flow past you, like a river



A LOVING-KINDNESS MEDITATION FOR PARENTS PART 2

Now think of your child and a time they have been very kind and loving towards you.

Reflect on what they've done for you, and why you're grateful to them (this may include lessons their challenges have taught you).

Try to remember a specific act they did, that was very loving, kind or caring, and remember how that felt.

Now imagine yourself radiating warm feelings of love, friendliness, kindness, and generosity towards your child. As you do that, hold that child in your mind, and slowly and silently, repeat the phrases below.

May you be healthy

May you be peaceful

May you be content

May you experience love

May you experience kindness

May your life be rich, full, and meaningful

As you say them, feel the meaning of the words, and radiate feelings of warmth, love, kindness, and tenderness to your child.

Now gently stretch and bring your awareness back to the room. Take a moment to consider how you feel after completing this meditation.

Ideally this meditation should be completed every day but even completing it once a week will provide you with benefits.

