

A Christian Loving Kindness Meditation

Loving Kindness Meditation (or Metta, from the Pali word in the Buddhist scriptural canon) is a traditional meditation from the Theravada Buddhist tradition. Basically, one gradually extends loving kindness from oneself out to the world, following the basic format: loving kindness of (1) myself, (2), those I love, (3) enemies, (4) all persons equally, (5) all sentient beings everywhere. There is a link to a broadcast meditation [here](#).

Begin by settling into a comfortable position in your chair. Set your feet flat on the floor in a way that feels natural for you. Make sure you're sitting upright, but not straining, with your spine nice and tall so you can really breathe deep into your tummy. Maybe take a moment to relax your shoulders and let the tension out of your forehead. Start by taking 5 long, slow breaths in and out. Centre your awareness on your breathing, and let yourself enjoy a moment of relaxation.

Begin by offering yourself a blessing. Create an image of yourself in your mind – you as you are now, or maybe you as a small child, and try to cultivate a soft, loving heart towards yourself. Extend grace and love to yourself. Now, imagine yourself cupped in God's loving, tender hands. Just let yourself rest in God's hands for a moment. (Pause)

Now slowly let these words sink into your heart:

May I be well

May I be happy

May I be held in God's compassionate Heart

(Long pause for about 5 deep breaths)

Now extend your meditation to someone you love. Imagine your partner, best friend, sister or brother, or even a child or parent, someone who brings you deep feelings of love, tenderness, and care. Imagine this person in your mind's eye. Open your heart to this person and extend love and grace towards them. Then imagine this person cupped in God's loving, tender hands. Just let him or her rest in God's hands for a moment. (Pause)

Now slowly let these words sink into your heart:

May ... be well

May ... be happy

May ... be held in God's compassionate Heart

(Long pause for about 5 deep breaths)

Now extend your meditation to someone whom you don't get along with. This is someone who causes tension, anger or negative emotions when you interact with them. Imagine this person in your mind's eye and try to hold them gently in your heart, with feelings of benevolence and gentleness. If feelings of anger or tension arise, try to release these feelings to God, by just letting go and opening your heart to set these negative energies free to God's care. Now, imagine this person cupped in God's loving, tender hands. Just let him or her rest in God's hands for a moment. (Pause)

Now slowly let these words sink into your heart:

May ... be well

May ... be happy

May ... be held in God's compassionate Heart

(Long pause for about 5 deep breaths)

Then extend God's blessing to all beings, everywhere. All that is, all that has ever been made, all that is and was and is to come: it is all held by God, sustained by God's love, and blessed by God's Spirit. Imagine a beautiful, blue-green earth in your heart, full of plants and animals and so many people, so many beings – and this whole world is in God's upturned palm. The whole world rests in God. Slowly let these words sink into your heart:

May all beings everywhere be well

May all beings everywhere be happy

May all beings everywhere experience God's compassion

(Pause for about 10-15 deep breaths).

Finally, use this or a similar prayer to conclude the Meditation:

These things I ask in the name of Jesus' Compassionate Heart. Amen.

