

The Chill Spot



Loving Kindness Meditation

This exercise draws on a guided meditation created by researcher Helen Weng and her colleagues at the [Center for Healthy Minds](#) (CHM) at the University of Wisconsin, Madison. This meditation is designed to help you focus on developing compassion, kindness and care others, especially people you hate. Repeat this exercise daily for 2 weeks.

Loving-kindness & Compassion for a Loved One

1. Settle into a comfortable position and allow yourself to relax. Take a deep breath and release. For a few moments, just focus on your breath and clear your mind of worries. Notice when you are breathing in and breathing out. Let yourself experience and be aware of the sensations of breathing.
2. Picture someone who is close to you, someone toward whom you feel a great amount of love. Notice how this love feels in your heart. Perhaps you feel a sensation of warmth, openness, and tenderness. Focus on these feelings as you visualize your loved one.
3. As you breathe out, imagine that you are extending a golden light that holds your warm feelings from the center of your heart. Imagine that the golden light reaches out to your loved one, bringing them peace and happiness. At the same time, silently recite these phrases.

May you have happiness.

May you be free from suffering.

May you experience joy and ease.

May you have happiness.

May you be free from suffering.

May you experience joy and ease.

Compassion for an Enemy

1. Now visualize someone with whom you have difficulty in your life. It may be a parent or sibling with whom you disagree, an ex-girlfriend or boyfriend, a family member with whom you had an argument, or a person with whom you do not get along.
2. Despite your negative feelings about this person, think of how they have suffered in their own life. This person has also had conflicts with loved ones, or has dealt with failures and disappointments, or may have suffered illness. Think of a situation in which this person may have suffered.
3. Notice changes in your heart center. How does it feel different? Do you feel more warmth, openness and tenderness? Are there other sensations, perhaps an aching sensation? Continue to visualize this person as you breathe.
4. Imagine that you are extending the golden light from your heart to them, and that the golden light is easing their suffering. Extend this light out to them during your exhalation, with the strong heartfelt wish that they be free from suffering. See if this wish can be as strong as the wish for your own or a loved one's suffering to be relieved. As you envelop them in the golden light from your heart, silently recite to them:
May you be free from this suffering.
May you have joy and happiness
May you be free from this suffering.
May you have joy and happiness.
5. If you have difficulty wishing for this person's suffering to be relieved, you may think of a positive interaction you have had with them that can help you in wishing them joy and happiness. Perhaps there were times when you got along, laughed together, or worked well together on an assignment. Continue to silently recite:
May you be free from this suffering.
May you have joy and happiness.
6. Again, notice how this feels in your heart. Did the sensations change? Did you feel warmth, openness and tenderness? How were these feelings different from when you were wishing for your own or a loved one's suffering to end? Were there other sensations, perhaps a tightness in the chest? Did you have a wish to take away this person's suffering?

adapted from this wonderful website http://ggia.berkeley.edu/practice/compassion_meditation