



[Loving-kindness Meditation](#)
by Sharon Salzberg

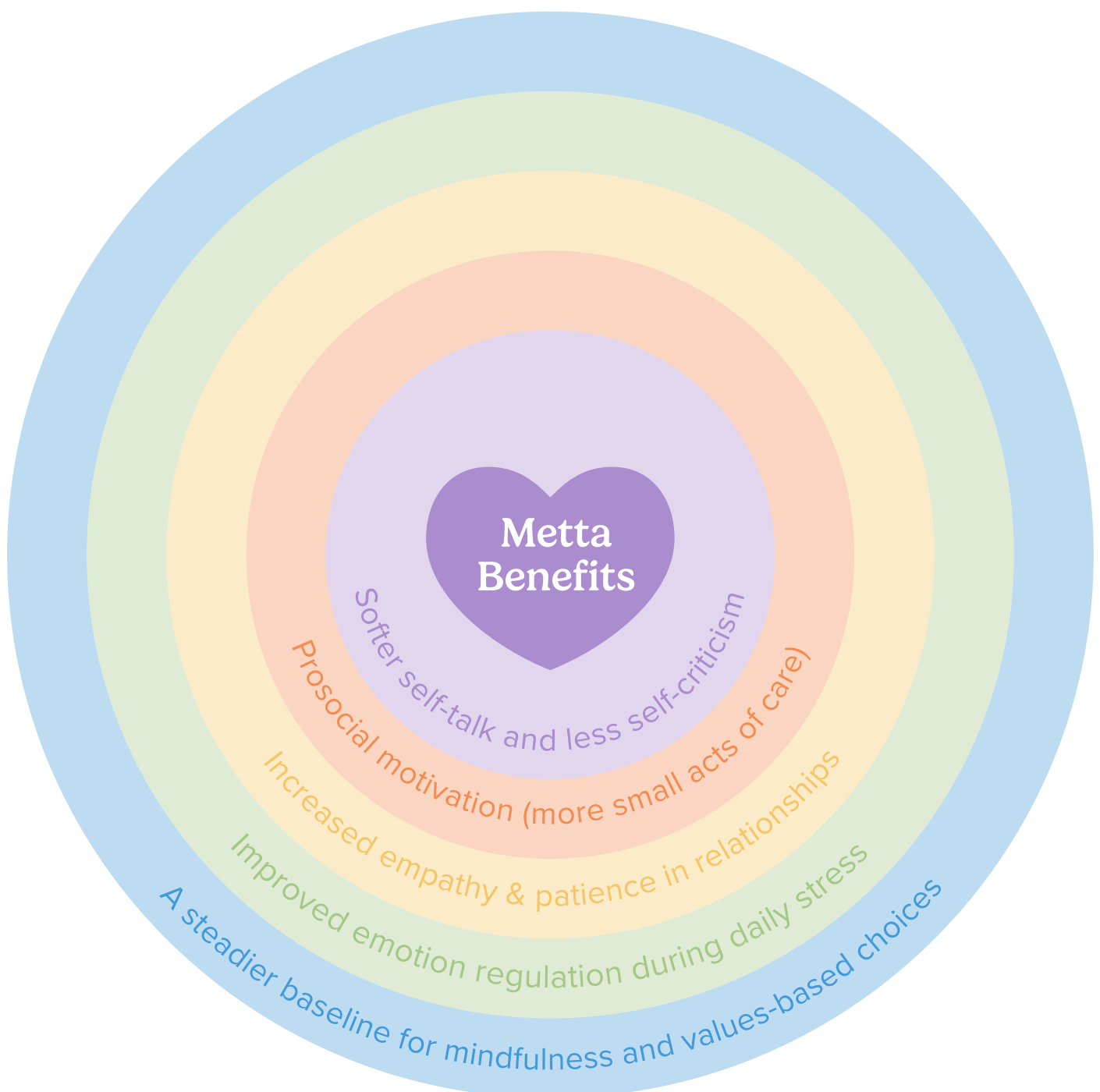


[Loving Kindness On The Go](#)
by Manoj Dias

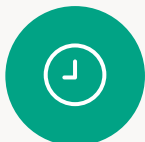
Metta is a contemplative practice that cultivates goodwill and friendly regard—first toward yourself, then outward to others.

How It Works

- **Attention training:** Repeating kind phrases gently redirects attention away from rumination toward benevolence.
- **Emotion priming:** Warm phrases can evoke feelings of care and softening, which may reduce reactivity.
- **Habit building:** Brief, frequent moments of metta create a prosocial “micro-habit” you can call on during stress.

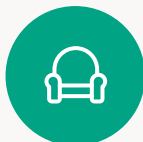


How To Practice Loving-Kindness Meditation



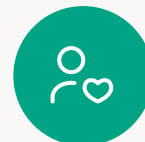
Set aside time.

Pick a specific time during the day to dedicate to this practice.



Find a comfortable position.

Close your eyes, relax your muscles, and breathe.



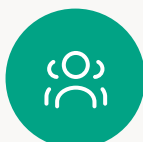
Focus on a feeling of inner love and kindness.

Thank yourself for all that you do.



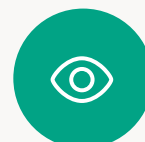
Repeat three or four positive phrases to yourself.

May I be happy. May I be safe.
May I be mindful.



Focus on your close circle, then acquaintances, then the world.

Feel gratitude and love for all people.



Open your eyes. Carry this feeling with you.

As you go about your day, keep the feeling of love on the top of your mind.

One-Minute Practices to Sprinkle Metta Around Your Day

 **One-Breath Metta:** Link one breath with a loving-kindness phrase anytime you pause.

 **Doorway Metta:** Send goodwill whenever you cross a doorway or threshold.

 **Name-Tag Metta:** Offer a kind wish to someone each time you see or say their name.

 **Frustration Flip:** When annoyed, direct patience to yourself and optionally kindness to the other.

 **Bookend Metta:** Begin and end your day with two rounds of loving-kindness—morning for self, evening for all.