

Kindness for Me, You and the Whole World: Cultivating our Connections

Mindfulness meditation is paying attention to the present moment, noticing what's happening around you and in you, including thoughts and feelings, without judging them. Accepting things the way they are, including ourselves and others.

How mindfulness helps when working with ourselves and others: Gives us the opportunity to gain clarity about our habits, recognize the effects of our choices and take the opportunity to intentionally choose how we relate to ourselves and others.

Loving-Kindness – one of the four limitless qualities of the heart, also forms of love and natural qualities of the mind

- Unconditional – not based on circumstances
- Connects us to our shared humanity
- Grows our heart

Science

Practicing loving kindness promotes well-being, healing, emotional intelligence, resiliency and social connection.

Practices

Preliminary: recalling a moment of kindness, receiving it as if it were happening now.

Formal Practice: 4 phrases, 6 categories

The phrases:

- May I/you be happy
- May I/you be healthy
- May I/you be safe
- May I/you be at ease.

The categories:

- yourself
- friend
- neutral/stranger
- challenging/difficult person
- all 4
- everyone

Short Form – “Just like me”

Remembering that this person in front of me, or driving behind me or walking along side me – wants to be happy, has sorrows, joys, challenges, loves someone, wants to be loved – just like me.

RESOURCES

Books and Websites

Awakening Through Love: Unveiling Your Deepest Goodness. John Makransky

[Foundation For Active Compassion](#)

Loving-Kindness: The Revolutionary Art of Happiness Sharon Salzberg

[Sharon Salzberg’s Street Loving-Kindness Video Series](#)

[18 Science Based Reason to Try Loving-Kindness Meditation](#) Emma Seppala, Ph.D Researcher, Stanford University and author of *The Happiness Track*

The Places that Scare You Pema Chodron

Local Groups (now available virtually)

Portsmouth Library: <https://www.cityofportsmouth.com/library/weekly-meditation>
Wed 12:15 – 1:00 pm Online with Zoom

Gateway Taiji Studio: <https://www.gatewaytaiji.com/> Tues and Fri 7:30 – 8:15 am
Online with Zoom

Websites with Guided Meditations

Mindful.org: <https://www.mindful.org/> – has great short articles about all aspects of mindfulness

Insight Timer: <https://insighttimer.com/> – available as an app for your phone, has a timer that you can set for silent practice

Korabek Training: <https://www.korabektraining.com/resources/> - short guided meditations including a **10 minute one for daily practice**. Click on Resources under Why Mindfulness?

Feel free to contact me if you have any questions about mindfulness meditation.

Liz Korabek-Emerson liz@korabektraining.com