



# Pause. Notice. Choose.

## Mindful Moment: Loving Kindness

Today we will participate in a compassion practice with a Pause Notice Choose around Loving Kindness. Take a moment to find comfortable position either sitting in your chair or resting on the floor, making sure your body feels fully supported and optimally comfortable.

This practice can be intense for some people, if you decide you don't like this practice at any point, you can choose to direct your attention to my voice or your breath, whatever supports you best.

Allow your eyes to close or set a soft gaze around the room.

Now, take five abdominal breaths, breathing in and out at your own pace. Remember, you don't have to change your breathing pattern, just take deep, full breaths in your own time.

Let's begin, by directing attention to You and repeating the following phrases quietly to yourself.

May I be happy. (pause)

May I be healthy. (pause)

May I be safe. (pause)

May I be peaceful. (pause)

Repeat these phrases one more time.

Now, directing your attention to someone whom you like—maybe a friend, family member or a pet, offer these phrases to them:

May you be happy. (pause)

May you be healthy. (pause)

May you be safe. (pause)

May you be peaceful. (pause)

Repeat these phrases one more time.

Now directing loving-kindness towards someone or something that may be causing you negative emotions. Picturing that person and bringing into focus, and offering the following phrases:

May you be happy. (pause)

May you be healthy. (pause)

May you be safe. (pause)

May you be peaceful. (pause)

Repeat these phrases one more time.

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Now offering this to those in the room and bringing the group into focus.

And offering the following phrases:

May you be happy. (pause)

May you be healthy. (pause)

May you be safe. (pause)

May you be peaceful. (pause)

Repeat these phrases one more time.

(Optional, depending on time.)

Now offering this to everyone in our world:

May you be happy. (pause)

May you be healthy. (pause)

May you be safe. (pause)

May you be peaceful. (pause)

Repeat these phrases one more time.

Finally, once again coming back to yourself:

May I be happy. (pause)

May I be healthy. (pause)

May I be safe. (pause)

May I be peaceful. (pause)

Repeat these phrases one more time.

Now finishing with five more deep abdominal breaths. And opening your eyes when you're finished. What are you noticing?

End of Mindful Moment.

Facilitator Asks a Few Questions for the Group

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?