

LOVING KINDNESS MEDITATION ~ KATE VOGT

Sit comfortably in a place where you won't be disturbed and away from the phone and computer. Take three to five quiet breaths. Gently close your eyes.

Imagine the horizon spanning through your chest with a radiant sun rising in your innermost center - your heart. As though being melted by the solar warmth, release tension in your shoulders and across your throat. Soften your forehead and rest your attention inward on the light deep within.

Take 7 to 10 smooth and even breaths. With each inhalation, invite the glow from your heart to expand toward the inner surface of the body. With each exhale, let the light to recede inward.

Take another 7 to 10 peaceful breaths. Inhaling, invite the light to touch the parts of you that interact with the world - your eyes, and ears, the voice-center in your throat, the palms of your hands, the soles of your feet. Exhaling, feel your light shine more clearly.

As you continue to inhale and exhale silently say: "I radiate friendliness for those who are happy, compassion for those who are unhappy, equanimity toward all."

Continue until your attention wavers. Then, sit quietly for several minutes.

When you feel complete, place the palms together in front of your heart and bow your head. Release the backs of your hands onto your thighs and lift your head. Gently open your eyes to return to the horizon of the world.

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