

# Loving-Kindness Writing Meditation

This writing meditation will help you transform your relationships by enabling you to be more kind and loving without any conscious effort. It does this by reprogramming your subconscious in a way that is much more effective than simply reading, hearing, or reciting the affirmations.

The exercise will help you heal the wounds from your past, as you will become more forgiving, understanding, and compassionate. It will also help you become more sociable and outgoing. But its greatest benefit will be in speeding up your spiritual development, because you'll be able to connect with people on a much deeper level. This will provide you with the spiritual nourishment you need to grow.

## Instructions

Simply copy the following verses by hand in a notebook or journal, every day for about 10-15 minutes. Any time of the day is fine. However, if you do it in the morning, it will set the tone for your day. When done in the evening, you will sleep much better. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

I hope you enjoy this writing meditation, and that it transforms your life the way it has transformed mine.

Warm regards,

Charles A. Francis

The Mindfulness Meditation Institute

P.S. Please remember to share this exercise with a friend or family member. Thanks!

[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)

# **Loving-Kindness Meditation**

## **Yourself**

May I be healthy and strong. May I be safe and protected. May I be peaceful and free from mental, emotional, and physical suffering. May I be happy and joyful. May I be patient and understanding. May I be loving, kind, compassionate, and gentle in my ways. May I be courageous in dealing with difficulties, and always meet with success. May I be diligent and committed to my meditation practice, and to helping others along their spiritual path. May my True Nature shine through, and onto all beings I encounter.

## **Everyone in Your House**

May every person and living being in my house be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

## **Your Neighborhood**

May every person and living being in my neighborhood be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

## **Your City**

May every person and living being in my city be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

## **Your Country**

May every person and living being in my country be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

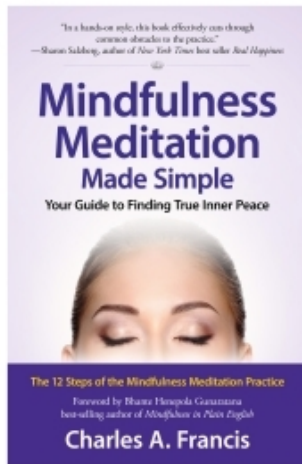
## **The Whole Planet**

May every person and living being on earth be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

## The Entire Universe on All Planes of Existence

May every person and living being in the entire universe on all planes of existence be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

## Mindfulness Meditation Resources



***Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace.*** This new book shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice. Through the clear instructions and simple exercises, you will gain a solid foundation of this time-tested ancient practice, and get the results you want. It explains the exact meditation techniques in an easy-to-follow process. It then gives you tips for enhancing your practice. Foreword by **Bhante Henepola Gunaratana**, best-selling author of *Mindfulness in Plain English*.

Available now at [Amazon.com](https://www.amazon.com).



**“Quick Start to Mindfulness Meditation.”** This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available at [Amazon.com](https://www.amazon.com).

[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)

## **About the Mindfulness Meditation Institute**

The Mindfulness Meditation Institute is dedicated to providing you with the tools you need to realize your full potential as a human and spiritual being through the practice of mindfulness meditation. By realizing your full potential, you will find the happiness and fulfillment you've been searching for your whole life.

The Institute's director, Charles Francis, has been working for over 16 years to help people find inner peace through the practice. He conducts lectures, workshops, and mindfulness retreats. Charles has master's degrees in Public Administration and International Relations, and has written legislation regarding health care and government efficiency for the North Carolina Senate.

The Mindfulness Meditation Institute also helps business leaders and public officials build more mindful organizations, so they can lower their health care costs and increase their efficiency and productivity.

Visit their website to find out how they can help you realize your goals.

[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)