

Loving-Kindness Affirmations

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



When we are experiencing any kind of difficulty, it might not be our first thought to turn towards an attitude of loving-kindness.

Quite often when we are upset with ourselves, with another, or with the world at large, kindness and compassion is the last thing we want to consider.

Yet while loving-kindness might not be our first inclination, consciously turning towards its energy with openness and care often turns out to be a deeply settling and restorative practice.

The Buddhist practice of loving-kindness is one of compassion, helping us to approach our hurts and our pain from a place of warmth, care, and unconditional acceptance.

A traditional loving-kindness practice begins with an expression of self-compassion.

Cultivating that tenderness towards ourselves helps us to then offer this loving energy to others that come into our awareness.

The following practice highlights various loving-kindness affirmations you might explore depending upon what you are experiencing at present.

Loving-Kindness Affirmations

Mindfulness Worksheet

PRACTICE:

1. Forgiveness Affirmations

Each one of us has been on both the giving and the receiving side of hurt, whether consciously or unconsciously. This human experience can be tricky, and so often we hurt others without realizing it. Forgiveness, therefore, is a powerful practice that can help to free us from the hurt we've experienced and also from the hurt we may have unknowingly caused.

In a safe and quiet space, repeat each of the following affirmations slowly (either silently or out-loud), moving through this list at least three times before moving on.

May I forgive the hurt I have caused others.
May I forgive the hurt that others have caused me.
May I forgive and be forgiven

2. Self-Love Affirmations

The traditional Metta meditation (or loving-kindness meditation) begins with expressions of self-care and compassion. To harness the power of these affirmations, find a comfortable and quiet space where you can silently repeat this group of statements at least three times.

May I be loved.
May I be safe.
May I be happy.
May I be at peace.

3. Compassion Affirmations

After grounding yourself in self-compassion, try offer loving-kindness to others through the same type of mental repetition. As you move through each of the following categories, consider one person who fits the description. Repeat the loving-kindness phrases to the image of them in your mind. Close your eyes for this practice.

Loving-Kindness Affirmations

Mindfulness Worksheet

- Someone you love
- Someone to whom you feel neutral
- Someone who is a stranger to you
- Someone you have difficulties with
- All living beings

*Note: Granting forgiveness to someone we have difficulties with does not mean that we continue to stay in relationship with this person. We may or we may not. Particularly in cases of abuse, forgiveness does not come above measures to take care of ourselves.

Use the same affirmations as you used before but this time extend them outwards:

May you be loved.

May you be safe.

May you be happy.

May you be at peace.

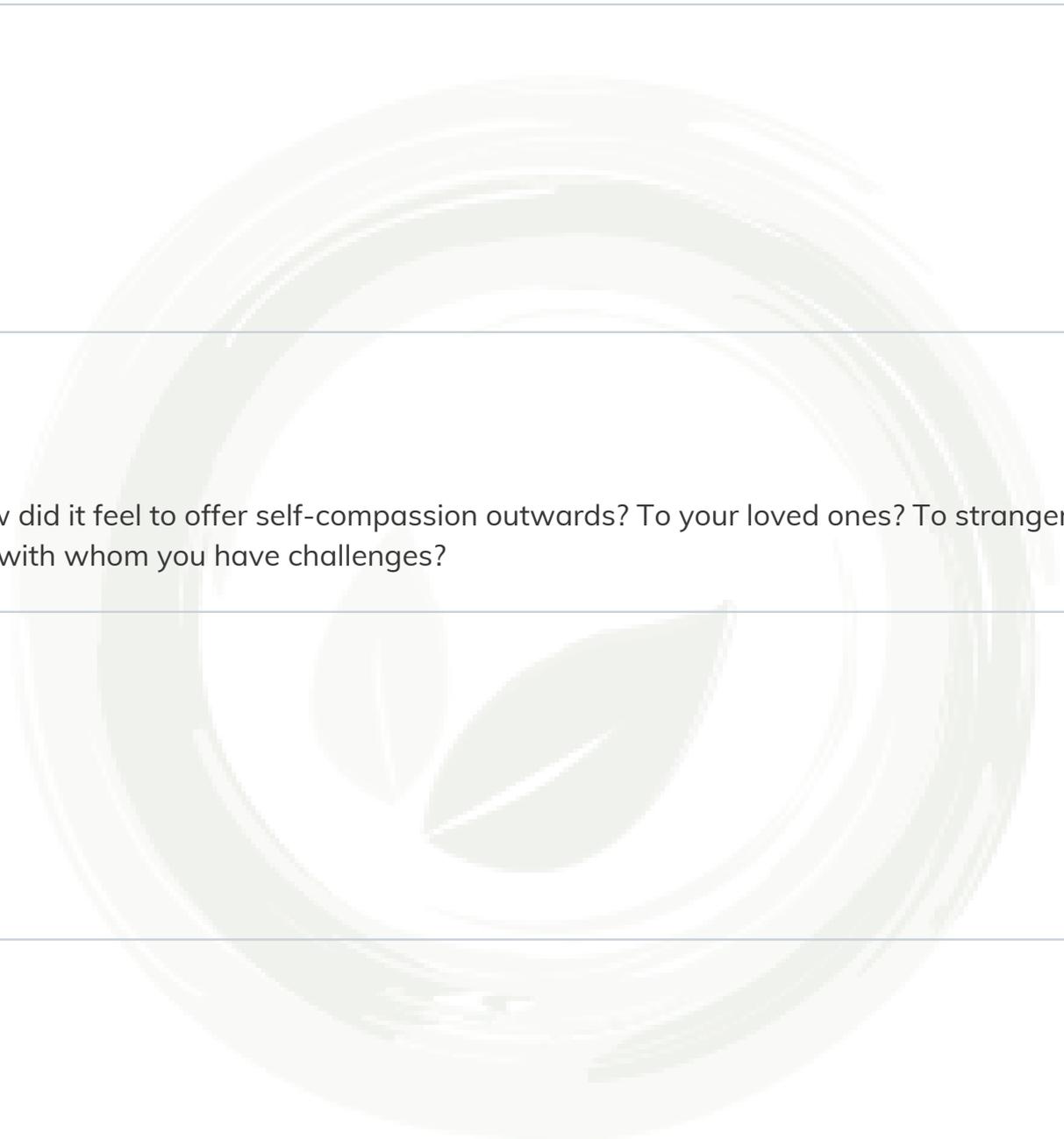
REFLECTION QUESTIONS:

1. How did it feel to grant forgiveness to the hurt you've both caused (even if inadvertently) and experienced?

Loving-Kindness Affirmations

Mindfulness Worksheet

2. How did it feel to offer yourself words of self-compassion?



3. How did it feel to offer self-compassion outwards? To your loved ones? To strangers? To those with whom you have challenges?