

Loving-kindness Meditation

Find a comfortable seated position. Close your eyes gently and take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth.

Settle In: Begin by focusing on your breath. Notice how your lungs expand and relax as air enters and leaves your body. Allow yourself to relax with each exhale.

Centering: Bring your awareness to your heart center. You might place a hand over your heart to connect more deeply with this space. Feel the warmth and gentle rhythm of your heartbeat.

Cultivate Self-Love: Silently repeat the following phrases to yourself, nurturing a sense of love and compassion within:

- May I be happy.
- May I be healthy.
- May I be safe.
- May I live with ease.

Visualize Your Partner: Picture your romantic partner in your mind's eye. Imagine them standing or sitting in front of you. See their face, their smile, and feel their presence.

Send Loving-Kindness to Your Partner: As you focus on your partner, repeat these loving-kindness phrases, sending positive energy and well-being their way:

- May you be happy.
- May you be healthy.
- May you be safe.
- May you live with ease.

Create a Flow of Love: Imagine a warm, glowing light radiating from your heart. This light represents your love and compassion. See this light as a steady, flowing stream of love and warmth, extending from your heart to your partner.

Strengthen the Connection: Know that your love is a powerful force, capable of bringing joy and health. Visualize the flow of love growing stronger, becoming a powerful yet gentle current. Imagine this loving energy enveloping your partner, bringing them comfort, joy, and peace.

Feel the Resonance: As you continue to send loving-kindness to your partner, notice the deep connection between you. Feel the resonance of this love flowing back and forth, nurturing and uplifting both of you.

Close the Meditation: Take a few moments to return to your breath. Feel the love and compassion you have cultivated. Slowly open your eyes, take a deep breath, and return to the room.