

Loving Kindness Mindful Moment

Getting Started!

Step 1: Find a comfortable place to sit where you can be for a few minutes. You want your back to be straight, so your lungs can inflate with deep breaths. You can close your eyes if you would like to, or you can gaze softly at the floor, or at your lap.

Step 2: Start to breathe deeply, in through your nose and out through your mouth. A deep breath inflates your stomach and chest like a balloon! It doesn't matter how long your breaths are, but try to match your inhale length (breathing in) to your exhale length (breathing out).

Step 3. If your mind should start to wander, that is ok! Notice your thoughts, but let them slide past without acting on them. Gently guide your mind back to the images that you choose to focus on. If sounds happen around you, accept them as part of your experience without reacting to them or getting annoyed by them.

Loving Kindness Mindful Moment

This mindful moment has 5 parts, each intended to build compassion for a different collection of people. We start with loving kindness for ourselves, then move on to people we love, people in our communities, healthcare workers and delivery drivers, and then to the whole world.

Every part has the same refrain:

“ May (I/You/They) be safe”

May (I/You/They) be happy”

“May (I/You/They) be healthy”



If you are following along on the video follow along in your head or to yourself after I say each part of the refrain. I will pause to give you time to do so!

We will also take a deep breath between all 5 of our parts / intentions.

Loving Kindness Video Script:

“Beginning with ourselves, knowing that building kindness for ourselves allows us more kindness to give away to others. Bring a picture of yourself into your mind. Yourself as you are now, or yourself from a time when you were very happy. Say to this image of yourself - May you be safe. May you be happy. May you be healthy”

Deep breath

“Now we are moving to our loved ones, whether they are near or far from us right now. Picture the people that you love in your mind. Say to them: May you be safe. May you be happy. May you be healthy.”

Deep breath

Now we are going to picture the people in our communities. Often we do not know them, but just like us and our loved ones they want the same simple things. Picture your neighbors, people from school or teams. Tell them: May you be safe. May you be happy. May you be healthy.”

Deep breath

There are people in our communities who are working so hard for us, who are problem solving and sacrificing. Picture in your mind a healthcare worker, a delivery person, a grocery store or pharmacy worker. Just like us, they want those same simple things. Tell them: May you be safe. May you be happy. May you be healthy.”

Deep breath

Lastly, picture the whole world as a small ball that you can hold in your hands. There are so many people in our world, and just like us, they all want the same simple things. Picture yourself telling all the people of the world: May you be safe. May you be happy. May you be healthy.”

Deep breath

To close

“Place one hand in the center of your chest. Seal in all of the good feelings that you were able to create. Remember that they came from inside of you, and are yours to come back to whenever you chose. One final deep breath in.... And out.

Thank you for taking this mindful moment with me. My wish for you is that you are safe, you are happy, and you are healthy. Goodbye!”