



Meditation

Preparation

Sit in a comfortable chair

Keep your back straight but not stiff

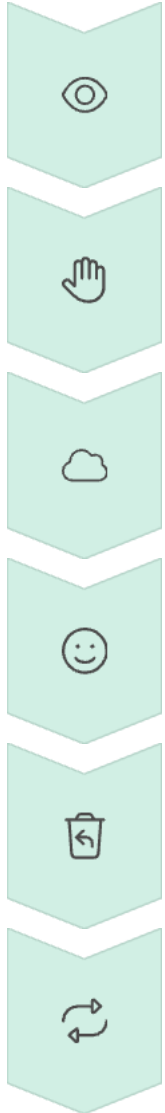
Close your eyes

Relax – mentally, physically

Do not move once you're ready to meditate

SMILE 😊 - in your mind, in your heart, on your lips

The 6Rs



Recognize

Notice when attention wanders without judgment – it's no longer on the feeling of loving-kindness

Release

Gently let go of whatever captured your attention

Relax

Relax, soften any tension or tightness in body or mind

Re-smile

Bring back the smile – in your mind, in your heart, on your face

Return

Bring your attention back to your meditation object – the feeling of loving kindness

Repeat

Repeat as needed – but don't get serious – don't push or try harder – be kind and gentle with yourself





30-Minute Practice Sequence

10 Minutes

Radiate Loving-Kindness to yourself

Throughout

Apply the 6Rs whenever your mind wanders



20 Minutes

Radiate Loving-Kindness to your spiritual friend