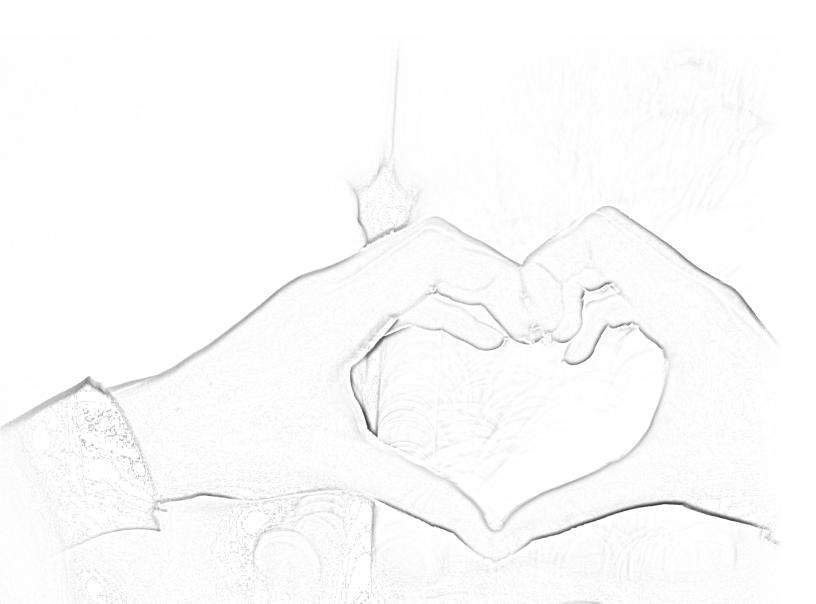
Loving Kindness Meditation

7-day journal By Ram Mahalingam



Instructions

This week, we will practice loving kindness meditation. This practice helps us to cultivate self-compassion and compassion for others.

Practice the loving kindness meditation daily. After completing your meditation, take a few minutes to journal about your practice.

Continue to notice what helps or hinders your *diligence to sit* (DS). Take a few moments to notice the distractions that undermine your *diligence while practicing* (DP). Also, reflect on the daily prompts.

Counting or labeling, or noticing the sensations of your breath will help you focus on your breath. Make a brief note of these observations after you complete your practice.

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S/DP Observations:		
escribe what the term compassion me	eans to you.	
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Day 2:
DS/DP Observations:
Describe an act of kindness you witnessed in your lifetime.
Day 3:
DS/DP Observations:
Take a moment to think of a compassionate person in your family. Describe that person and write down one of their compassionate acts.

Day 4:
DS/DP Observations:
Take a moment to think of a compassionate person among your friends. Describe that person and write down one of their compassionate acts.
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Day 5:
DS/DP Observations:
Take a moment to think of a compassionate person who is not a friend or family member (e.g., someone you read about or interact with at your workplace, school, or other social context). Write a sentence about the person and write down one of their compassionate acts.

Day 6:
DS/DP Observations:
Take a moment to think of a compassionate person whom you do not particularly like or are fond of. Write a sentence about the person and write down one of their compassionate acts.
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Day 7:
DS/DP Observations:
Think of a person who is kind to our environment. Describe their act of kindness. Make an aspiration to notice acts of compassion around you for the next 24 hours.