**Thanh Ngoc**

 **There is many ways to meditated, but if you want to meditate with love and kindness. The practice is also known as loving-kindness meditation. It named was metta meditated. The goal of metta meditation is to cultivate kindness for all beings, including yourself and: family. A regular metta meditation practice can be beneficial for both your mind and body. Let’s look at some of these benefits more closely. Decreases stress and anxiety, reduces physical pain and improves longevity.**

 **The idea is that you must love yourself before you can love other people. Self-compassion can also reduce negative emotions toward yourself, including: unworthiness, self-doubt, judgment, anger, self-criticism**

**Metta meditation is a traditional Buddhist practice. It’s been used for thousands of years.**

**Different traditions approach the practice in different ways. However, all forms of metta meditation share the common goal of developing unconditional positive emotions toward all beings.**

**This includes many feeling, for example”**

**Trust. Joy, love, gratitude, happiness, appreciation, compassion**

**To cultivate these emotions, you silently recite phrases toward yourself and others. These phrases are meant to express kind intentions.**

 **Carve out some quiet time for yourself (even a few minutes will work)because maybe the time is little but if you are focus it still work very well. And sit comfortably. If you are uncomfortable, it is really hard to focus on the breath. Close your eyes, relax your muscles, and take a few deep breaths. Imagine yourself experiencing complete physical and emotional wellness and inner peace. Imagine feeling perfect love for yourself, thanking yourself for all that you are, knowing that you are just right—just as you are. Focus on this feeling of inner peace, and imagine that you are breathing out tension and breathing in feelings of love. The whole body is fill with love. Repeat three or four positive, reassuring phrases to yourself. Let me take for you some example so that you can understand what am I saying, but you can also create your own:**

**May I be happy**

**May I be safe**

**May I be healthy, peaceful, and strong**

**May I give and receive appreciation today.**

 **It’s important to repeat each phrase with mindfulness. This helps you focus on the phrase and the associated emotions. Next, bask in feelings of warmth and self-compassion for a few moments. If your attention drifts, gently redirect it back to these feelings of loving kindness. Let these feelings envelop you. Right now, you will feel like up, down, right or left is love, ok, let go and explore more.**

 **You can choose to either stay with this focus for the duration of your meditation or begin to shift your focus to loved ones in your life. Begin with someone who you are very close to, such as a child, a parent, or a best friend. Feel your gratitude and love for them. Stay with that feeling. You may want to repeat the reassuring phrases.**

 **Once you've held these feelings toward that person, bring other important people from your life into your awareness, one by one, and envision them with perfect wellness and inner peace. Then branch out to other friends, family members, neighbors, and acquaintances. If you are a better person. You may even want to include groups of people around the world.**

 **Extend feelings of loving kindness to people around the globe and focus on a feeling of connection and compassion. You may even want to include those with whom you are in conflict to help reach a place of forgiveness or greater peace. Love the enemy like I have said before.**

 **When you feel that your meditation is complete, open your eyes. Remember that you can revisit the wonderful feelings you generated throughout the day. How loving kindness meditation feels, and return to those feelings by shifting your focus and taking a few deep breaths.**

 **Thanks for listening**