

Exercise: Create loving kindness

Create a feeling of love and compassion. Turn that feeling into a living entity through your words, actions and thoughts. Your day-to-day interactions with the world around you reflect all the qualities of your heart meditation (compassion, joy, kindness and equanimity). This exercise is a means to arrive at tranquility as you navigate life's ups and downs. This exercise asks you to examine your thoughts, words and actions that lead you *towards* loving kindness and those which lead you *away from* loving kindness.

Actions, speech or thoughts which lead me **towards** kindness, compassion and benevolent love; I need to do *more* of these:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Actions, speech or thoughts which lead me **away** from kindness, compassion and benevolent love; I need to do *less* of these:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

In the left column, you listed positive habits and emotions that encourage loving kindness. In the right column, you listed bad habits that are not helpful on your path towards benevolent love. With recognition, time and practice, you will be able to dissolve the bad habits on the right and spend more time focusing on the good habits on the left.

(borrowed from swamij.com)