

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) _____