Mindful Skill: Daily Mindful Loving Meditation

For twenty minutes each morning (or at any time), practice the following meditation on mindful loving.

1. State an aspiration. For example, “Today, may I think, speak, and act toward my beloved with as much generosity, kindness, and compassion as I am able.”
2. Bring your attention to your feet. Ground yourself in the body. Slowly scan your body from feet to head, connecting with it and gently observing it.
3. Bring your attention to your breath. Invite the mind to settle. Using the breath as the meditation object, practice mindfulness for approximately five minutes. If the mind wanders, gently refocus on the breath.
4. Slowly bring your attention to the day ahead. Scan through the day to come: your plans, obligations, intentions. Where does your love relationship fit into your day today? Select one or two positive, wholesome love priorities. Perhaps decide to skip your favorite TV show so you can make your mate a lovely meal. Don’t overthink it—trust whatever arises and feels like a loving relationship priority for the day to come.
5. Mentally review your passion plan and recommit to your daily commitments.
6. Place your palm on your heart and take three breaths into and out from your heart center. Bring to mind three things you appreciate about your beloved.
7. Allow all that to fade away and take one more mindful breath.
8. Repeat your aspiration.
9. Create a mindful loving day, regardless of circumstances.