

# Seven Stones Leadership is a vibrant community of inspired leaders who bring respect, clarity, truth and love to everything we do.

Sustainable Abundance is a radiant and inspired leadership movement that begins at the intersection of personal development and global sustainability. It guides each of us to achieve our true potential as individuals and as leaders, in a way that affirms the value of all life.

Our programs teach you to listen to yourself and to others, discover your needs, define your values, align your actions with your priorities and unlock your potential as a leader.

## An Inquiry

What are the most pressing questions you face?

What is enough?

What keeps me up at night?

What moves me?

What values guide me?

What context is my organization creating for the future?

How do I measure success?

What is my role in it all?

## The Laws of Enough

Stories Matter

I Am Enough

I Belong

No One is Exempt

Resting is Required

Joy is Available

Love is the Answer

## How To Find Us

[www.sevenstonesleadership.com](http://www.sevenstonesleadership.com)

### GENERAL INQUIRIES

[clientcare@sevenstonesleadership.com](mailto:clientcare@sevenstonesleadership.com)

 [SevenStonesLeadership](https://www.facebook.com/SevenStonesLeadership)

 [@7stones](https://twitter.com/@7stones)

### FOUNDERS

Jennifer Cohen: 978.314.0718  
[jen@sevenstonesleadership.com](mailto:jen@sevenstonesleadership.com)

Gina LaRoche: 617.293.1329  
[gina@sevenstonesleadership.com](mailto:gina@sevenstonesleadership.com)



# Loving-Kindness Meditation

## What is a Loving-Kindness Practice?

Loving-Kindness is a practice to cultivate compassion for ourselves and others. It consists of a series of phrases said while in a centered or meditative state. The practice has us send a series of wishes on behalf of several people, including ourselves. The wishes and the order of people is not significant however, there is a traditional flow. Following a set structure can provide a strong touch point for developing rhythm and consistency in our practice. It is most important to be settled in a comfortable way and allow the mind and heart to be directed to the intention of sending loving-kindness. You can do this practice while sitting, walking or while out in the world.

## The Structure of Loving Kindness

Different teachers teach four or five phrases and may use different words for each. Choose four phrases that resonant with you or start simply with:

- May I (you) be safe
- May I (you) be happy
- May I (you) be healthy
- May I (you) live with ease

Then we say these phrases towards the following people in this order:

- Ourselves
- Benefactor
- Friends
- Neutral person
- Difficult Person
- All life

## Benefits of Loving-Kindness

- Connecting to a gentle friend within.
- Finding a gentleness for ourselves through times of transition.
- A softening of our judgments toward people who annoy us; this small opening allows us to see each person's humanity more clearly.
- A calm serenity in the face of unfortunate circumstances, like when "bad things happen to good people"—wallet being stolen, freak car accidents, health crisis.
- Finding an easier stance with difficult emotions or bodily sensations, such as pain.
- A willingness to be transparent about hard feelings, challenging requests, everything.

Within Loving-Kindness many find a stance for social justice, creating a sustainable life and an overall experience of living a peaceful life. Even without a regular meditation practice, cultivating our heart with Loving-Kindness whenever we can, the benefits resound.

SEVEN STONES  
LEADERSHIP

