



The Gift of Loving-Kindness: 100 Meditations on Compassion, Generosity, and Forgiveness

Mary Brantley MA LMFT, Tesilya Hanauer CMT

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Loving-kindness, the English translation of the Pali word *metta*, is defined as unconditional well-wishing and openhearted nurturing of ourselves and others, just as we are. By practicing loving-kindness, you can learn to treat yourself and others—even strangers—like dear friends, putting aside criticism and judgment and choosing instead to open your heart to greater generosity, forgiveness, and compassion.

While Buddha taught loving-kindness meditation as an antidote to fear, it can also quiet feelings of anger, judgment, and worry by helping you see the innate goodness within yourself and others. Whether used as part of a formal meditation practice or as daily mindfulness exercises, the 100 meditations in **The Gift of Loving-Kindness** make it easy to open your heart and share the seeds of loving-kindness with others.

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