

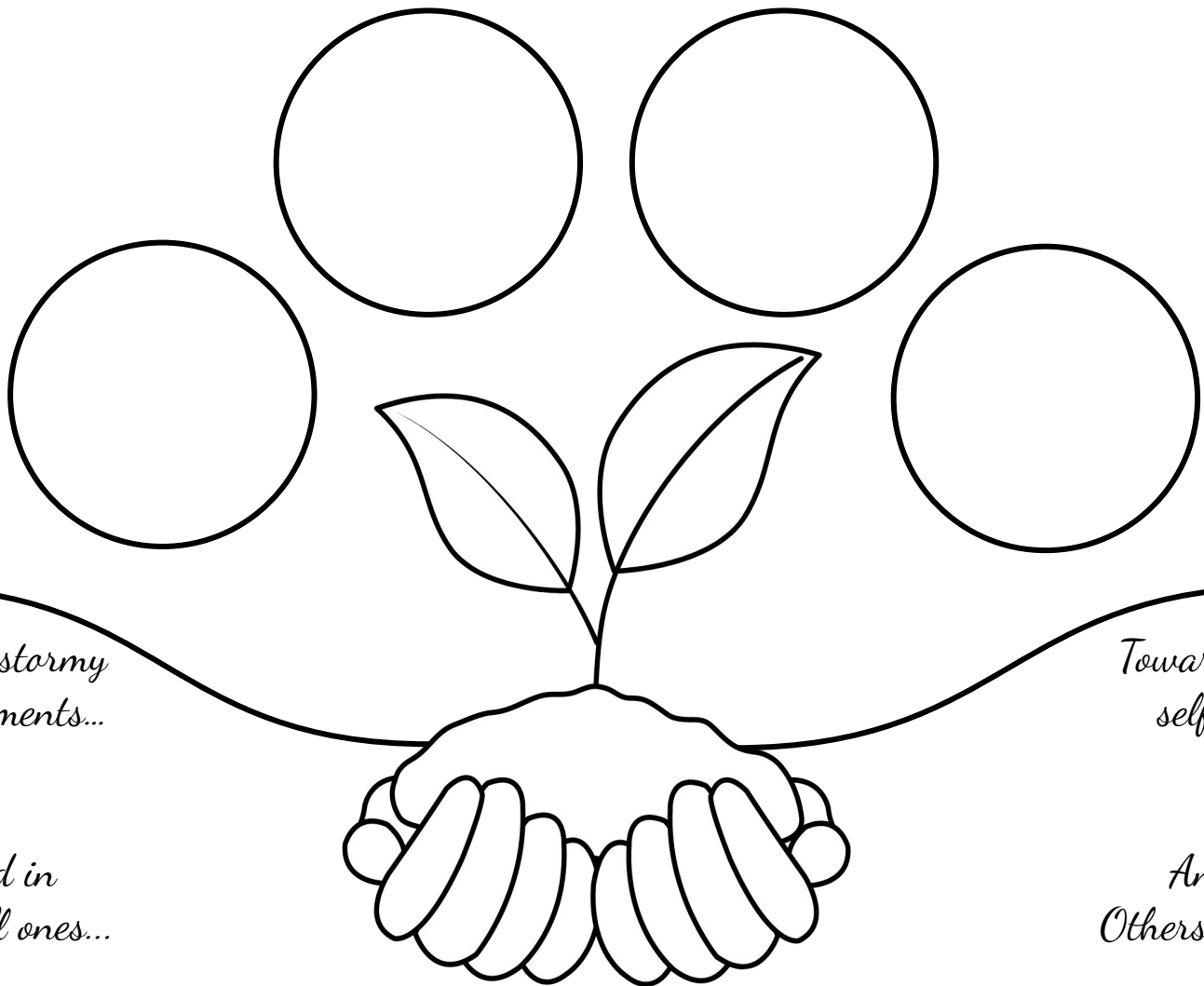
# LOVING KINDNESS STONES

This Touchstone Journey offering is brought to us by Windows Facilitator, Starla Faye from Southern California, who is engaged in a two year mindfulness leadership program with Jack Kornfield and Tara Brach. Starla invites us to create Touchstones to practice Metta, a Pali word that is most often translated as “loving kindness.” Metta is the quality of the heart that allows us to show up with care for others. Through this practice we can come to respond with less reactivity and more gentleness toward our own thoughts, emotions, and experiences. We invite you to explore what works for you and search online for mindfulness resources. There are many phrases used in Metta practice, such as:

**May you be happy – May you be safe – May you be strong – May you live with ease**

**Directions:** 1) With materials of your choice, use words, shapes, colors, and images within the circles that help anchor your Metta phrases. 2) Practice breathing with your stones – with the in-breath visualize your image, with the out-breath say your phrase. 3) Begin with wishing yourself wellbeing. Then gradually extend that wish to others and even offer it universally to all beings.

**Optional family activity:** Create a family “Mettacine Jar” so anyone can pull out a wish for wellbeing when they need – in stormy moments and still ones alike – a resource for loving kindness.



*In stormy moments...*

*And in still ones...*

*Toward self...*

*And Others...*

"The art is not just the stone but the lived journey of connecting deeply with ourselves and each other." – Cathy Salser, Founder, AWBW