



THE SANES
BODHI TRUST

THE SANES BODHI TRUST

FOR SPIRITUAL EDUCATION, INC.

Love
&
Kindness

A Path to Inner Peace

*A Mindfulness Guide in the Tradition of Loving-Kindness
and Compassionate Awareness*

Mettā · Karuṇā · Muditā · Upekkhā



WELCOME

A Message of Open Hearts

Dear Friend — wherever you are on your journey, whether you are just beginning to explore the teachings of mindfulness or have walked this path for many years, this booklet is offered to you with love.

At the Sanes Bodhi Trust for Spiritual Education, Inc., our mission is rooted in the timeless teachings of the Buddha: that every human being carries within them an innate capacity for wisdom, compassion, and peace. We believe that the cultivation of love and kindness is not a luxury reserved for the few — it is the birthright of all living beings.

This guide was created as a gentle companion for your daily life. Within these pages, you will find teachings on loving-kindness (mettā) and compassion (karuṅṅā), guided meditation practices, daily exercises, and words of wisdom from teachers who have walked this path before us.

We do not ask that you believe anything we say. We only invite you to try — to sit quietly, to breathe, and to offer kindness first to yourself, and then to the world around you.

“The ground of practice is you and your life, exactly as it is.”

— Pema Chōdrön

May this booklet serve as a small lamp on a long and beautiful road. May you find here something useful, something true, and something that leads you gently home to the peace that already lives within you.

With loving-kindness,
The Sanes Bodhi Trust
For Spiritual Education, Inc.





CHAPTER ONE

Understanding Love & Kindness

What is Loving-Kindness? (Mettā)

The Pāli word mettā is often translated as “loving-kindness,” “friendliness,” or “unconditional goodwill.” It is the sincere wish that all beings — yourself included — may be happy, healthy, safe, and at ease.

Unlike romantic love or attachment, mettā has no conditions, no expectations, and no boundaries. It radiates outward like light from a lamp: first warming ourselves, then those we love, then acquaintances, then even those who have hurt us, and finally every living being without exception. The Buddha called mettā one of the four Brahmavihāras — the Divine Abodes, or heavenly ways of the heart.

“Just as a mother would protect her only child with her own life, even so let one cultivate a boundless love towards all beings.”

— The Metta Sutta, Sutta Nipāta 1.8

What is Compassion? (Karuṅā)

Karuṅā means compassion: the tender wish that all beings may be free from suffering. Where mettā reaches toward joy, karuṅā reaches toward pain. It moves us to open our hearts in the presence of sorrow rather than turning away.

Compassion is not pity, which can create distance between observer and sufferer. True karuṅā is a resonance — a feeling-with — that recognises the shared humanity in all experience. When we witness suffering with an open heart, compassion arises naturally, like water seeking its own level.

Unconditional Love

Freedom from Ill-will

Shared Humanity

Inner Stillness

Open Awareness





CHAPTER TWO

Compassion in Daily Life

Compassion is not only a meditation practice. It is a way of moving through the world — present, gentle, and awake to the reality of those around us.

In the busyness of modern life, it can seem as though kindness is a luxury we cannot afford. Yet it is precisely in these moments — in the long queue, in the difficult conversation, in the silence of our own struggle — that compassion becomes most essential, and most transformative.

The Benefits of Cultivating Compassion

MENTAL WELL-BEING

Compassion practices reduce anxiety, depression, and emotional reactivity. A kind inner voice replaces our harshest self-critic.

PHYSICAL HEALTH

Loving-kindness meditation lowers cortisol, reduces inflammation, and supports immune function. The body responds to inner peace.

DEEPER CONNECTION

When we meet others with genuine compassion, we dissolve the illusion of separateness and discover the shared thread of humanity.

INNER PEACE

A heart free from ill-will becomes a heart at rest. Compassion releases the exhausting grip of judgment — of others and of ourselves.

Compassion Begins Within

The Buddha taught that we cannot pour from an empty vessel. Before extending compassion outward, we must first learn to offer it to ourselves. This is not selfishness — it is the necessary foundation. When we recognise our own suffering with tenderness rather than judgment, we unlock a natural, overflowing care for all beings.

“If your compassion does not include yourself, it is incomplete.”

— Jack Kornfield





CHAPTER THREE

Guided Loving-Kindness Meditation

Set aside 15–30 minutes in a quiet space. Sit comfortably, close your eyes, and allow your breath to settle naturally before beginning.

1 Arrive & Settle
Sit comfortably, spine upright but not rigid. Rest your hands gently on your knees. Take three slow, conscious breaths and let your body soften with each exhale.

2 Connect with the Heart
Bring attention to the area of your heart. Imagine a soft, warm golden light there — gentle and steady. Breathe into this light, feeling it expand with each inhale.

3 Loving-Kindness Toward Yourself
Offer these phrases silently to yourself, slowly and with full sincerity. Simply let the words rest in your heart like seeds:

“May I be happy.”

“May I be safe and free from harm.”

“May I be healthy and strong.”

“May I live with ease and peace.”

4 Expand to a Loved One
Bring to mind someone who is easy to love — a dear friend, family member, or teacher. Picture them clearly. Offer the same phrases to them:

“May you be happy.”

“May you be safe and free from harm.”

“May you be healthy and strong.”

“May you live with ease and peace.”



MEDITATION (CONTINUED)

5

Expand to a Neutral Person

Bring to mind someone you neither like nor dislike — perhaps a neighbour or shopkeeper. Offer them the same phrases. Notice how this expands compassion beyond preference and familiarity.

6

Expand to a Difficult Person

Bring to mind someone with whom you have had difficulty. Begin gently. Silently offer them the phrases. You do not need to condone their actions; you simply wish them peace — a generous act of the heart.

7

Expand to All Beings

Allow your loving-kindness to expand in all directions — to every living being across the world, without exception:

“May all beings be happy.”

“May all beings be safe and free from harm.”

“May all beings be healthy and strong.”

“May all beings live with ease and be at peace.”

8

Rest & Return

Let the phrases dissolve. Sit quietly for a few moments, resting in open awareness. Then gently bring your attention back to the room. Take a slow breath. When ready, open your eyes.



*This practice may be done for as little as 10 minutes each day.
Even a few sincere phrases, offered with an open heart, plant seeds of transformation.*



CHAPTER FOUR

Daily Practice & Reflection

Awakening unfolds in the details of an ordinary day — in how we greet the morning, how we speak when tired, and how we care for ourselves when we fall short. The following practices weave loving-kindness into the fabric of daily life.

MORNING INTENTION

- ☒ Before rising from bed, take three conscious breaths. Place a hand over your heart: “Today, may I act with kindness — toward myself and toward others.” This anchors the day in awareness before the busyness begins.

THE PAUSE PRACTICE

- ☒ Three times each day — morning, midday, and evening — pause for one minute and offer yourself: “May I be at peace, just as I am.” This small interruption builds a profound habit of self-compassion.

MINDFUL ENCOUNTER

- ☒ Once each day, consciously look at a stranger and silently offer: “May you be happy. May you be at peace.” These invisible acts of goodwill transform our inner world.

EVENING FORGIVENESS

- ☒ Before sleep, review your day gently. If you fell short, offer yourself forgiveness: “I did my best. May I learn. May I rest.” Lay down the day without carrying its weight into the night.

Journaling Prompts

FOR YOUR INNER LIFE · REFLECTION PROMPTS

- ☒ *When was the last time I was truly kind to myself? What did that feel like?*
- ☒ *Who in my life is difficult to feel compassion toward, and what might they be suffering?*
- ☒ *In what ways does ill-will or judgment exhaust me? What would releasing it feel like?*
- ☒ *What small act of kindness can I offer today — to myself or to another?*





CHAPTER FIVE

Words of the Wise Teachers

Across centuries and traditions, teachers of the Dharma have offered us lanterns on the path. We share these words with gratitude, honouring the lineages from which they come.

“

The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.

— Thich Nhat Hanh

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

— His Holiness the 14th Dalai Lama

“

Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law.

— The Dhammapada, Verse 5 (attributed to the Buddha)

“The feeling of kindness toward oneself is not self-indulgence. It is the ground on which everything else stands.”

— Sharon Salzberg



CLOSING REFLECTION

The Path Continues

You have come to the end of this booklet, but you have not come to the end of the path. The path of love and kindness has no final destination — it is the walking itself that transforms us.

Perhaps you have tried one of the practices here and found it difficult. Perhaps your mind wandered during meditation, or your attempts at compassion felt hollow or forced. This is not failure — this is practice. Every sincere attempt plants a seed, even when we cannot see it growing.

The teachings of mettā and karuṅā do not ask you to be perfect. They ask only that you try, again and again, to return to the natural warmth of your own heart. Each return is its own kind of homecoming.

“In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you.”

— Traditional Buddhist Teaching

Be patient with yourself. Be patient with others. The world is filled with people quietly carrying burdens invisible to us. Your kindness — even when unacknowledged, even when imperfect — matters. It ripples outward in ways you will never fully see.

And on the days when practice feels distant, when kindness seems impossible, return to the simplest teaching of all: breathe in, breathe out, and begin again.

*“May all beings be happy.
May all beings be free from suffering.
May all beings live with ease and be at peace.”*

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ABOUT US

Sanes Bodhi Trust for Spiritual Education, Inc.



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FOR SPIRITUAL EDUCATION, INC.**

*"Bodhi" — awakening.
"Sanes" — wisdom in action.*

*Rooted in the Dhamma,
serving all beings.*

The Sanes Bodhi Trust for Spiritual Education, Inc. is a nonprofit organisation inspired by the teachings of the Buddha and the living traditions of mindfulness, compassion, and spiritual inquiry. We are dedicated to making these teachings accessible to all people, regardless of background, belief, or experience.

Our Mission

Mindfulness Education

● Instruction in meditation, mindful living, and the foundational teachings of Buddhist psychology for beginners and experienced practitioners alike.

Community & Sangha

● Cultivating spaces of genuine connection, shared practice, and mutual support for all who seek to walk the path together.

Compassionate Outreach

● Extending our work into the community — offering programs and resources to those in need, in the spirit of the Bodhisattva ideal.

Non-sectarian Teachings

● Rooted in Buddhist tradition yet open to all, honouring wisdom across every spiritual lineage and welcoming sincere seekers from every walk of life.

All are welcome. All belong. May our work be of benefit to all beings.





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*May you walk gently.
May you love fully.
May you be at peace.*

This booklet was created with love by the Sanes Bodhi Trust
for Spiritual Education, Inc. — offered freely in the spirit
of dāna (generosity), as a gift to all who seek peace.

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