



This mini-course reflects some of the fundamental principles from my signature one-on-one coaching program. You will experience a bit of what I teach in these in-depth, personalized sessions as you work your way through the course.

**Part 3 is about cultivating compassion and empathy to increase our capacity for forgiveness, connection to others, self-acceptance and releasing guilt and shame.**

We'll be concluding this mini-course with a profound way to kick stress, worry, the judgment of others and self-bullying through cultivating compassion with a loving-kindness meditation/reflection.

## What is Loving Kindness Meditation or Reflection?

Meditation has been shown to be an effective antidote to stress and anxiety and may buffer against maladaptive stress responses.

Loving Kindness Meditation is a specific type of meditation that has been practised for thousands of years and has been included in Mindfulness-Based Stress Reduction programs and is the subject of many scientific studies.

The basic point of the loving-kindness meditation or reflection is to focus on loving energy toward oneself and others.

## How Loving Kindness heals us

Research indicates that Loving Kindness Meditation can foster compassion, empathy and connectedness, as well as reduce anger, depression, and anxiety.

Additionally, positive emotions, generated through meditation, can improve environmental mastery, flexibility in thinking, and creative problem-solving.

Compassion and empathy fostered from this loving kindness practice help us mend relationships (with others as well as ourselves) and move forward while cultivating emotional intelligence and well-being.

Those who practice loving-kindness meditation regularly are able to increase their capacity for forgiveness, connection to others, self-acceptance, and more.

This shift in mindset greatly reduces stress as we heal our relationships with our inner selves and those around us.

## Exercise #3: A Loving Kindness

**Meditation to eliminate stress through cultivating empathy and self-compassion.**

This meditation uses words, images, and feelings to evoke loving kindness and friendliness toward oneself and others.

The best part is that this technique is easy to practice and can make you feel happier in minutes.

## Action plan

### Make this a regular practice.

1. Add Loving Kindness Reflection into your regular daily practice.
2. Try 5, 10 or 15 minutes of this practice when you have feelings of anger, frustration, blame, guilt or shame.

### Take the next steps to become the happiest version of yourself!

This mini-course has been adapted from my signature 1 on 1 coaching program.

As a stress and anxiety coach, I help people become the happiest version of themselves. People who feel stuck in their patterns of self-bullying, lack of confidence, perfectionism, and believing they aren't good, smart, or lovable enough and are ready to *start feeling in control, confident and free.*

Are you ready to become the *happiest* version of yourself?

*If you are ready to know more about how you can be your best version please click the link below and type the word "More" in messenger so we can have a chat!!*

[TELL ME MORE!](#)

***Disclaimer:** The information contained in this course is intended for educational and inspirational purposes only, and is made available to you as self-help tools for your own use personal journey toward health and happiness. It is not a substitution for medical advice, diagnosis or treatment from a licensed mental health professional.*