



NORTON SIMON MUSEUM

LOVING-KINDNESS MEDITATION

GRADES K-5

Loving-kindness meditation, also known as *metta*, sends positive thoughts and wishes to ourselves and to others. This leads to positive changes in the brain, such as less frustration and anger, feelings of connection to others and increased positive emotions and empathy. This meditation changes how we relate to ourselves and to others. By having compassion or sympathy toward ourselves, we can be more compassionate toward others. We feel less lonely and more connected. Loving-kindness meditation can help people of all ages get in touch with their feelings.

Tara is the goddess of compassion in Buddhism, a faith based on the teachings of the Buddha Shakyamuni, a historical figure who lived more than 2,400 years ago. Tara often wears jewels—a crown, necklaces, rings and bracelets—to show her divinity and high status. She protects her followers from their fears, offers healing and helps them overcome challenges. Here, her right hand is held in the gesture of charity.

Tara, 14th century, Nepal or Tibet, gilt-copper alloy with semiprecious stones and pigment, 34¾ in x 11 in x 5½ in. (88.3 x 27.9 x 14 cm), The Norton Simon Foundation

In the spirit of compassion, take a moment to practice loving-kindness:

Sit still, close your eyes and repeat to yourself:

May I be happy.

May I be safe.

May I be peaceful.

Now think of a loved one and direct loving kindness toward them:

May you be happy.

May you be safe.

May you be peaceful.

Finally, direct this loving kindness toward everyone:

May all beings everywhere be happy, be safe, be peaceful.

Slowly open your eyes and notice how you feel.

411 West Colorado Boulevard, Pasadena, California 91105

phone: 626.449.6840 e-mail: educate@nortonsimon.org www.nortonsimon.org