

"Mindful Living" Video Series: Loving-kindness

"Mindful Living" video series

helps us integrate mindfulness into daily life

for enhancement of mental health

There are seven mindfulness practices tailored for elderly people

They are of different durations

some with more movement and some with less

Choose the practices that best suit your needs

and join us to experience the wonders of "Mindful Living"!

Oh, are you practising Tai Chi?

Yes, but I still can't learn it

I have poor health and memory

I can't keep up with the instructor

I've worked really hard

but I see that everyone else can do it

I'm the only one who can't do it

That sounds tough to hold yourself to such high standards

I want to learn to be kinder to myself too

Let's practise Loving-kindness together

and learn to be more compassionate towards ourselves

Ok

Before the mindfulness practice
there are a few things to keep in mind
Remember to watch this video first

"Loving-kindness" means having a benevolent heart
to wish oneself and others peace and happiness
In this practice of Loving-kindness
we say some kind and caring words
in our hearts
to offer blessings to ourselves

When we are feeling down
we can also use these loving-kindness words to comfort ourselves
This practice helps us to
understand our current needs more openly and deeply
as well as to respond to those needs with self-compassion

This is the practice of Loving-kindness
We will do this practice in a sitting position
Find a comfortable and stable sitting posture now
Place the feet flat on the floor
Rest the hands gently on the laps
or on the armrests of the chair
Relax the shoulders
Keep the back naturally upright

Tuck in the chin slightly
and relax the facial muscles

Once settled into a comfortable position
you may choose to close your eyes completely
or lower your gaze at a spot on the floor in front of you

Allow the body to settle down gradually

Tune in to the sensations throughout the body
being awake and at ease

Now rest your hands on the chest

Notice how the body naturally
rises and falls with each breath

Also bring attention
to the sensations of warmth
where your palms meet the chest

Remind yourself
to bring loving awareness
to your experience during the practice

If that feels right to you
you may continue to place your hands
over the chest
or gently lower them down to rest naturally

During the practice
depending on your needs
you may bring your hands on the chest

or lower them down anytime

Now bring attention to the body part

where you could notice your breath most easily

It could be the nostrils

the chest

or the abdomen

Feel the natural rhythm of the in-breath and out-breath

If you notice your mind has wandered away

that is natural

Just bring attention back to

the breath in this moment

Once again, remind yourself

to bring kindness

to your experience in every moment

Next we will take a few moments

to find out what we need in this moment

Please open your heart

ask yourself sincerely

In this moment

what do I truly need?

You may feel the need to connect with others

or the need to be cared for

or the need to be healthy

peaceful, at ease and so on

Please open your heart
and listen to the needs deep down your heart
We will make use of those needs in the following part
Now turn your needs into
a blessing for yourself
For example, 'May I feel connected with others'
'May I offer myself the care I need'
'May I be healthy'
'May I live with peace'
'May I live with ease'
'May I learn to appreciate myself'
Please choose the phrases you find suitable
If you have other phrases
that better respond to your needs in this moment
you may use them too
in the following part
Now speak to yourself the chosen phrases softly
Repeat them in your heart
Listen carefully to these words of loving-kindness
If that feels right to you
place your hand on the chest
Feel how these loving and kind words
make you feel
Let these words emerge

and ripple in your heart

With these loving-kindness words

offer blessings to yourself

In this moment

allow these words

to fill your heart

Take a moment to feel

what sensations they bring to you

If you notice your mind has wandered away

gently bring attention

back to the body sensations in this moment

Allow yourself to tune in to the sensations of loving-kindness in the present moment

Gently bring attention

to the breath and body sensations here and now

Once again, bring attention to the in-breath and out-breath

Observe the sensations in the body

When you are ready

gently open your eyes

or lift your gaze

Look around the surroundings

You could also stretch your body

to bring this practice to an end

During the practice

I noticed myself feeling a bit sad

What should I do?

With a caring and accepting attitude

try to observe the body sensations

that come with your feelings

Then gently bring attention back to

the breath or body sensations

and continue with the practice

However, if the feelings are too strong

making it difficult for you to stay focused in the practice

you are advised to stop and consult a healthcare professional

to see if the practice is suitable for you at this time

For the practice of Loving-kindness

how long shall I practise

to achieve the desired results?

Remember the purpose of this practice is

to cultivate self-compassion

so that you can better

respond to your needs in the present moment

Therefore, try to let go of your striving for results

Just be compassionate to yourself

and be aware of any experience that arises during the practice

If you have any other questions about the mindfulness practices

visit the website of Elderly Health Service for more information