



## BRAIN HEALTH BOOST



### Expressing Compassion in Times of Tragedy

*The Brain Health Initiative (BHI) is working to develop brain healthy communities, creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health, optimizing brain performance, and preventing and fighting brain illness across the lifespan for the Florida Suncoast region and beyond. **Today, the Brain Health Initiative encourages each of us to pause and express compassion for humankind. With an open heart and mind, we share this meditation.***

The BHI is offering a Loving-Kindness Meditation as a way to communicate love and peace through prayer, meditation, and your daily actions.

**Instructions:** Sit down and establish a comfortable position. Start by taking a few deep breaths to relax the body, allowing the breath to become natural, without trying to force it or control it; feel that sense of breath being your connection to life. Let your mind settle on the experience of this breath, very gentle. See if you can move the breath from wherever you are accustomed to watching it to the heart center, which is in the center of the chest. As you focus your attention in this area see if you can formulate the things that you wish the very most for yourself, not just for the day or the week but your deepest aspirations, the things you wish for the most for yourself. Now repeat silently to yourself:

*May I be peaceful  
May I be happy  
May I be safe and free from danger  
May I have ease and well-being  
May I enjoy my successes and learn from my mistakes  
May I work honestly and courageously to accomplish my dreams*

Repeat these phrases several times, generating the feeling of loving care and acceptance, remembering that the Buddha said, “You can search the entire universe for someone more deserving of your love and affection than yourself, and that person is not to be found anywhere.”

Now, think of somebody that is experiencing pain and/or sadness and direct the feeling of loving care towards them-wishing for them just what you have wished for yourself and direct the feeling of loving care towards them...wishing for them just what you have wished for yourself.

*Just as I want to be peaceful, so may you be peaceful  
May you be happy  
May you be safe and free from danger  
May you have ease and well-being  
May you enjoy your successes and learn from your mistakes  
May you work with honesty and courage to accomplish your dreams*

Sit with these compassionate thoughts for a moment...then when you're ready open your eyes and rejoin the day.

**Source:** Loving-Kindness Meditation for Imposter Phenomenon adapted from Almost Depressed (2013), Jefferson Prince, MD and Shelley Carson, PhD (founding faculty and scientist of the Brain Health Initiative)

**About the Brain Health Initiative ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))**

The Brain Health Initiative (BHI), a 501(c)(3) nonprofit, uses a cutting-edge approach to protecting brain health, promoting brain performance, and preventing and fighting brain illness across the lifespan. The BHI is building brain healthy communities, cultures that promote brain healthy lifestyles, foster protective factors, and address risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the **Be Brain Healthy** movement, **because brain health matters, and lifestyle makes a difference. To view all Brain Health Boosts [click here](#).**