

# **Meditate with Me: Loving Kindness, Part One of The Four Limitless Qualities**

Last March when we stepped into the great unknown now called a Pandemic I wondered how I might offer further support to my community. What I knew I was going to need in the time of uncertainty was more meditation. And so along with my friend and colleague Isabel Frankel, I began offering a free drop-in gathering on zoom. Much to my surprise, seven months later we are still at it. In this podcast, you will find a selection of the meditation practices we have shared. Whether you are just beginning your meditation practice or are looking for some new techniques you are in the right place. Welcome!