LOVING-KINDNESS

Meaning: Loving-kindness is an unconditional, warm-hearted concern and compassion for oneself and others.

1. Loving-kindness is often described as an unconditional, warm-hearted concern for others.

2. In her meditation practice, she focused on cultivating feelings of loving-kindness towards herself and those around her.

3. The concept of loving-kindness is central to many Buddhist teachings, promoting compassion and empathy.

4. Acts of loving-kindness can transform relationships and foster a sense of community among people.

5. He found solace in the loving-kindness shown by friends during his difficult times.

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