

Loving Kindness Meditation

Choose 2-3 phrases from the following or modify these or make up your own

1. May ____ be healthy.
2. May ____ be happy
3. May ____ be filled with lovingkindness

Say these phrases to in your mind. You can think of them as a wish or prayer or an act of sending love.

First direct them toward yourself. *May I be healthy*

Then direct to a person for whom you have positive feelings. *May he/she be healthy*

Then towards a neutral person. *May he/she be healthy. **Skip this today***

Then towards a person that you are angry with or whom you regard as an enemy. *May he/she be healthy*

Then send out the world. *May all beings (or a specific group or community) be healthy.*

As you say the words bring to mind an image, however vague, of that person or yourself. Pay attention to any emotional feelings in your own body especially positive ones. You can also create some positive feeling by bringing a small smile to your face.