

LOVING-KINDNESS MEDITATION

This activity aims to increase feelings of connection and reduce feelings of isolation by offering ourselves and others wishes for loving-kindness in our lives.

Before you begin, select 3-5 of the following phrases and adjust to suit your practice.



1. May I be happy.
2. May I have peace.
3. May I be safe from all harm.
4. May I be filled with health.
5. May I live with ease.
6. May I be free.

Instructions

1. Fill in the blanks below with the name of the person you think of:

YOUR NAME

A PERSON YOU LOVE

A PERSON YOU FEEL NEUTRAL ABOUT

A PERSON YOU ARE STRUGGLING WITH

2. Sit comfortably with your eyes closed and repeat the phrases you chose a few times. Always begin with yourself. *“May I be happy, May I be well, May I be safe, May I have peace.”*
3. After you have offered yourself loving-kindness, direct it towards someone you love, or who has helped you. *“May [name] be happy, May [name] be well, May [name] be safe, May [name] have peace.”*
4. Now picture someone you feel neutral about and offer them loving-kindness. *“May [name] be happy, May [name] be well, May [name] be safe, May [name] have peace.”*
5. Think of someone you are struggling with and offer them loving-kindness. *“May [name] be happy, May [name] be well, May [name] be safe, May [name] have peace.”*
6. Finally, offer every living thing loving-kindness by repeating: *“May all beings everywhere be happy...”* and continue with the 3-5 phrases you chose until done. *“May all beings everywhere be happy, May all beings everywhere be well...”*



TOGETHER WE CAN *build a better future!*