



your awakened heart

Loving Kindness Meditation

May I be happy

May I be free from troubles and worry

May I be healthy in body and in mind

May I be at peace

May I be full of loving-kindness

We start this practice by focusing on ourselves.

Then we say the phrases for a friend.

Next, we move on to a “neutral” person.

Then we say the phrases for a difficult person.

Finally, we say them for all beings everywhere.

Feel free to alter these phrases so that they feel natural to you.