



Lovingkindness Meditation

Say these affirmations, or wishes, while thinking of:

1st – someone with whom you have a close relationship

2nd – someone neutral - who you know of as an individual, but with whom you do not have a significant relationship

3rd – yourself

& also, maybe:

4th – someone with whom you have a hostile relationship, or with whom you've had conflict

May you be at ease in your life.

May you experience joy.

May you be safe and sound.

May you be content in your life.