

LOVING-KINDNESS MEDITATION

SOFTEN

FIND A COMFORTABLE SPACE TO SIT QUIETLY AND TAKE A FEW DEEP, RESTORATIVE BREATHS.

IMAGINE

TAKE A FEW MOMENTS TO SAY THE FOLLOWING STATEMENTS TO YOURSELF AND REFLECT ON THE MEANING BEHIND THEM:

- **MAY I BE FILLED WITH LOVING -KINDNESS.**
- **MAY I BE SAFE FROM INNER AND OUTER DANGERS.**
- **MAY I BE WELL IN BODY AND MIND.**
- **MAY I BE AT EASE AND HAPPY.**

EXTEND

THINK OF THE PEOPLE IN YOUR LIFE THAT YOU LOVE. SAY THE STATEMENTS AGAIN, REPLACING "I" WITH "YOU" AND IMAGINE THOSE INDIVIDUALS AS YOU SAY EACH.

WRITE WHO YOU ARE EXTENDING THIS MEDITATION TO BELOW: