

Metta (Loving Kindness) Meditation

May you be safe and protected.

May you be healthy and strong.

May you be happy and at peace.

Say this to someone you love: say each line separately.
Visualize them loving you and sending that message back to you.

Also offer this blessing to a friend, a neighbor, and/or
someone you don't know very well.

Advanced version: offer this blessing
to someone you are currently having difficulty with.

Offer this blessing generously!