

## Loving Kindness Meditation

**Take a couple of deep cleansing breaths, then start reciting the phrases silently saying them with conviction. You may choose to place your hand on your heart, light a candle or place soft music.**

1<sup>st</sup> round is dedicated to yourself

- I give myself permission to be filled with love and kindness
- I give myself permission to be well
- May I be peaceful and at ease
- May I be happy

2<sup>nd</sup> round is said for someone you love or is special to you

- May you be filled with love and kindness
- May you be well
- May you be peaceful and at ease
- May you be happy

3<sup>rd</sup> round is for someone you may not know by name but see them. (Ex: person at church, cashier at store, bus driver)

- May you be filled with love and kindness
- May you be well
- May you be peaceful and at ease
- May you be happy

4<sup>th</sup> round dedicate to someone you are having difficulty with or someone who is having a difficult time in general.

- May you be filled with love and kindness
- May you be well
- May you be peaceful and at ease
- May you be happy

Choose a theme for the week to carry in your heart as a response to people you encounter during your days.