



Let's begin by taking a moment to allow your body to settle. Find a comfortable position that allows your spine to be long but with a natural curve in the low back. For this practice you may want to close your eyes (2 seconds). Let the belly and the shoulders relax (2 seconds).

Today I'll guide you through a loving kindness practice.

In this practice we generate a wish for well being for ourselves and others.

Before we start take a full breath in (2 seconds) and a long breath out (2 seconds).

Allow the breath to settle the body and settle the mind (2 seconds).

To begin this practice,

I'll provide a few phrases that you can use to offer loving kindness to yourself.

You can repeat the phrases silently or just follow along.

You can also replace these phrases with ones that work well for you (2 seconds).

May I be well (2 seconds). May I be safe and free from suffering (2 seconds).

May I be happy (15 seconds).

As you repeat these phrases, see what it's like to really let them in.

If it's uncomfortable to wish yourself well, try releasing a little bit of resistance, just letting the phrases be here around you (2 seconds).

May I be well (2 seconds).

May I be safe and free from suffering (2 seconds).

May I be happy (10 seconds).

Now bring to mind someone that you care about, a teacher, a mentor, or even a loyal pet is a good object of your love and kindness here.

Keep them in mind as you use the phrases to wish them well (2 seconds).

May you be well (2 seconds).

May you be safe and free from suffering (2 seconds).

May you be happy (2 seconds).

Imagine them receiving your wishes for well being and the lighting in them (15 seconds).

Now bring to mind someone who is having a difficult time, who perhaps has experienced loss or illness or maybe having a hard time at work.

Imagine that person sitting in front of you now and wish them well.

May you be well (2 seconds).

May you be safe and free from suffering (2 seconds).

May you be happy (2 seconds).

Share any words that express what you wish for them (10 seconds).

Try extending now your wishes to everyone near you right now (2 seconds).

May they be well. May they be safe and free from suffering (2 seconds).

May they be happy (5 seconds).

Think of your friends and family.

May they be well.



May they be safe and free from suffering.
May they be happy (5 seconds).
Now if you're able, extend your wishes beyond the place where you are,
beyond the people you know to extend over the entire earth.
All people, all animals, all life. May all beings be well (2 seconds).
May they be safe and free from suffering (2 seconds).
May they be happy (10 seconds).
Feel the sense of well wishing extending out from you in all directions.
How do you feel in this moment? (2 seconds)
What are the sensations in your body? (2 seconds)
What's the quality of your mind? (10 seconds)
Now bring that large circle of loving kindness back towards yourself (2 seconds).
May I be well.
May I be safe and free from suffering.
May I be happy (10 seconds).
Breathing in and breathing out.
Allow yourself to be fully present with whatever is here now (10 seconds).
Let's finish this loving kindness now by taking a full breath in (2 seconds)
and a full breath out (5 seconds) *ding* (15 seconds).

Integrated Practice: Practice loving kindness at work, or with friends/family. Prior to a work meeting or a conversation with friends/family, take a silent moment to wish happiness for those you will be engaging with.

Reflection Question:

What do you notice with regard to your mood or behavior as a result from this practice?