

LOVING-KINDNESS PRACTICE



PAUSE.

PLACE YOUR HANDS ON YOUR HEART.

TAKE A DEEP BREATH IN ... AND BREATHE OUT.

SAY THE FOLLOWING:

“ MAY I BE HAPPY
MAY I BE HEALTHY
MAY I HAVE PEACE
MAY I LIVE WITH EASE ”

BREATHE IN & RECEIVE LOVE



PAUSE.

NOW BRING A LOVED ONE TO MIND.

TAKE A DEEP BREATH IN ... AND BREATHE OUT.

SAY THE FOLLOWING:

“ MAY YOU BE HAPPY
MAY YOU BE HEALTHY
MAY YOU HAVE PEACE
MAY YOU LIVE WITH EASE ”

BREATHE IN, SEND & RECEIVE LOVE



CONTINUE WITH THE FOLLOWING. ALWAYS BEGIN AND END WITH YOURSELF.

SELF

FAMILY

CITY

STATE

COUNTRY

WORLD

UNIVERSE

SELF

