

LOVING-KINDNESS PRACTICE

a MEDITATION for stress, anxiety, fatigue & hopelessness

CONCENTRATE on these four simple phrases below. In each category, either to yourself or out loud,
REPEAT for a few minutes each. Recognizing you & everyone's struggles, cultivating care & consideration in everyday life.
This is not prayer or manifesting, not forcing ourselves to feel a certain way. This is a gentle reminder.
If this is difficult, bring to mind the wish you'd have for a favorite pet.



BENEFACTOR OR TEACHER

someone who's helped you or inspired you, maybe a coach, mentor, teacher or friend. When you think of them you smile.

May they be safe

May they be happy

May they be healthy

May they live with ease

SOMEONE WHO'S STRUGGLING

in pain, or just having a difficult time right now,
Maybe someone who is alone or depressed.

May they be safe

May they be happy

May they be healthy

May they live with ease



OFFERING TO ONESELF

May I be safe

May I be happy

May I be healthy

May I live with ease

ALL BEINGS

everywhere.

All animals including humans.

May you be safe

May you be happy

May you be healthy

May you live with ease

