

LOVING-KINDNESS PRACTICE

a MEDITATION for stress, anxiety, fatigue & dread

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 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.



OFFERING TO ONESELF

May I be safe
May I be happy
May I be healthy
May I live with ease

BENEFACTOR

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



ALL BEINGS

everywhere.
All animals including humans.

May you be safe
May you be happy
May you be healthy
May you live with ease

