A Loving-Kindness Meditation for Our Nation

Loving-Kindness is a contemporary interpretation of Mettā Meditation. Mettā is a word from the ancient Sanskrit language, and translates literally to mean benevolence, kindness, and compassion. Loving Kindness carries that sentiment of cultivating compassion, kindness, and benevolence. The method consists of repeated phrases such as "may I be happy" or "may you be healthy". These verses may be spoken aloud or thought silently, and can be consecutively repeated any number of times. The phrases of Loving-Kindness meditation are directed first to the self, then to a specific recipient (or multiple specific individuals) and finally to a collective group or community of recipients.

Today we are uniting in a Loving-Kindness Meditation for Our Nation.

In our experience today we will follow this script, repeating each verse 3 times. For your own purposes and practices in the future, adjust and adapt the statements to reflect your own intentions.

Loving-Kindness Meditation for Our Nation:
In your consciousness, hold yourself as the recipient of the Loving-Kindness energy, and say:
May I be well;
May I be safe;
May I be free;
May I be healed;
May I be at peace.
(Allow the energy of the statements to flow to yourself for a full inhale and exhale.)

In your consciousness, hold a specific individual as the recipient of the Loving-Kindness energy, and say:
May you be well;
May you be safe;
May you be free;
May you be healed;
May you be at peace.
(Allow the energy of the statements to flow to the recipient for a full inhale and exhale.)

In your consciousness, hold this Nation, as the recipient of the Loving-Kindness energy, and say:
May our Nation be well;
May our Nation be safe;
May our Nation be free;
May our Nation be healed;
May our Nation be at peace.
(Allow the energy of the statements to flow to the Nation for a full inhale and exhale.)

Repeat each verse as many times as you choose, with as many recipients as you'd like.
Complete with a simple affirmation: