**This is a guided meditation adapted from the teaching of the Buddhist nun Samaneri Jayasara**

Come into a comfortable position for this metta meditation. The main thing is just to feel comfortable and relaxed in whatever posture you're adopting. Close your eyes if you are comfortable doing so or leave them open if you wish. Check in with yourself to see how you are today, not only mentally and emotionally but physically as well. Acknowledge the you that has shown up in this moment: a self that might feel energetic and looking forward to the day; or a self that is grieving; or someone who is grumpy and woke up on the wrong side of the bed. Whoever you are this morning, greet yourself with as much heartfelt good will and friendliness as possible. In metta meditation, we don’t pretend we feel a certain a way; rather, we pay attention to how we actually feel. In this way, we get to know the rough edges of our hearts: the places that most need healing through kindness and compassion.

Center your awareness within the body, connecting to the breath so that you feel present and connected to your heart. A Zen teaching I’m very fond of may be helpful to you: Bring to rest the ceaselessly seeking mind. Bring to rest the ceaselessly seeking mind. This is the mind that chatters and prods and pulls you this way and that. If your ceaselessly seeking mind is active today, just acknowledge it and set the intention to bring it to rest. Remind yourself that there’s nowhere else to be and nothing else to do right now. Please spend a few minutes really come arriving and coming into the present moment.

Once you feel centered and focused and present, consciously bring into your mind the intention, the verbalization, may I be well, may I be peaceful, may my heart be grateful and at ease; may I be well, may I be peaceful, may my heart be grateful and at ease. You can repeat this slowly in your mind a few times. if you wish to adapt it somewhat using your own wording that's fine; the words should just be simply focusing on the intention of wishing yourself well.

Notice when you feel a sense of good will towards yourself—friendliness, acceptance, compassion and loving kindness, regardless of whatever counter thoughts might arise. Just wish those thoughts well and let them go. Send them on their way. Once you are in touch with the good will in your heart, we can turn our attention towards someone who we find very easy to feel loving kindness towards. If it's not a human it might be your pet or an animal. Holding a sense of that person or animal in mind, we extend the same well wishes to them: may you be well, may you be peaceful, may your heart be grateful and at ease. May you be well, may you be peaceful, may you experience much joy and happiness in your life.

Let’s extend these thoughts, these intentions of loving kindness, towards others who are close to you: your family, your friends—bring them each to mind and as you repeat the intention just try to feel the warmth radiating out of your heart from your center, radiating and expanding into space and directing it towards these people, these beings: may *you* be well, may *you* be peaceful, may *your* heart be grateful and at ease.

We can extend these feelings, these intentions of good will, further out towards the community, towards our countries, toward the whole world—and in particular those areas of the world beset by war, famine, and all forms of suffering: may all beings without exception be happy; may they come out of conflict; may they come out of hatred; may they be free from delusion, from fear, from greed, may all beings without exception realize the deeper reality that connects us all.

If there's anyone in particular with whom you feel you are at war, who you consider an enemy or feel you have conflict with, then, if possible, send these same good wishes to them. Or ask within your own heart for forgiveness or send them forgiveness.

May you be well; may we come out of our conflict and out of our ill will; may we be free from fear, from confusion, from delusion.

May there be peace in the world. May there be harmony between all beings. May all hatred cease and may the light of wisdom arise in the world.

Let’s bring our meditation to a close by once again extending lovingkindness to ourselves, with the intention of sharing it freely with all beings throughout the coming days:

may I be well, may I be peaceful, may my heart be grateful and at ease; may I be well, may I be peaceful, may my heart be grateful and at ease. May I be happy content; free from harm and ill will; may I be healthy; may I live with ease, free from fear and anxiety.