

Loving Kindness Meditation

Please close your eyes; let your awareness rest on your breath.

Now, please imagine yourself sitting in front of you. Open your heart and say to yourself...

May I be safe from inner and outer harm.

May I be free from guilt, shame, and hatred.

May I enjoy physical and mental well being.

May I live with the ease of an open heart.

May I go beyond my inner darkness and awaken to my radiant true nature as boundless love.

Now, please visualize someone or a group of people you love sitting in front of you.

Open your heart and say to them...

May you be safe from inner and outer harm.

May you be free from guilt, shame, and hatred.

May you enjoy physical and mental well being.

May you live with the ease of an open heart.

May you go beyond your inner darkness and awaken to your radiant true nature as boundless love.

Now, please visualize someone you find to be challenging or difficult sitting in front of you. Open your heart and say to them...

May you be safe from inner and outer harm.

May you be free from guilt, shame, and hatred.

May you enjoy physical and mental well being.

May you live with the ease of an open heart.

May you go beyond your inner darkness and awaken to your radiant true nature as boundless love.

Now, imagine everyone in the world is sitting in front of you. Open your heart and say to them:

May you be safe from inner and outer harm.

May you be free from guilt, shame, and hatred.

May you enjoy physical and mental well being.

May you live with the ease of an open heart.

May you go beyond your inner darkness and awaken to your radiant true nature as boundless love.

Through the blessings of love and compassion, may everyone experience joy and freedom within and be loving towards each other so that war, conflict, and every form of strife comes to an end. May peace and harmony pervade the entire world.