

## Loving Kindness Meditation

Begin by sitting comfortably with your eyes closed. Breathe in and out slowly through your nose, and notice your breath fill your body. Imagine someone you love sitting in front of you. In your mind, tell the person the following phrases, pausing between each phrase. As you continue to breathe, imagine sending out your loving energy with each breath.

May you be healthy.

May you be happy.

May you be free from suffering.

May you be filled with peace.

Now, focus on yourself. As you continue to breathe, imagine turning your loving energy inward with each breath. Fill your own heart space with love and acceptance as you repeat:

May I be healthy.

May I be happy.

May I be free from suffering.

May I be filled with peace.

Take a moment to notice how this practice makes you feel and how it might affect you and your relationships over time. We each have the power to learn, to grow and to love. We each are filled with possibility. We are human.