

# ***LOVING KINDNESS / METTA MEDITATION***

***PLEASE PRACTICE DAILY AND KNOW THAT YOUR PRAYERS AND LIGHT  
CAN EXPAND AND SHIFT THE WELLNESS WITHIN, THE WELLNESS OF  
THOSE IN OUR COMMUNITY AND THE WELLNESS OF OF OUR PLANET.***

## VISUALIZE YOURSELF:

• My heart fills with with loving kindness.

• I surround myself with healing light.

• May I be joyful.

• May I be peaceful and at ease.

• May I be free of suffering.

• May I be healthy and well.

## VISUALIZE SOMEONE EASY TO LOVE/ FAMILY / FRIEND

I surround you with healing light.

May you be joyful.

May you be filled with loving kindness.

May you be peaceful and at ease.

May you be free of suffering.

May you be healthy and well.

## VISUALIZING YOUR FAMILY:

• I surround my family with healing light.

• May they be filled with loving kindness.

• May my family be joyful.

• May my family be peaceful and at ease.

• May my family be free of suffering.

• May my family be healthy and well.

## VISUALIZING YOUR COMMUNITY

• I surround my community with healing light.

• May all beings in my community be filled with loving kindness.

• May they be joyful.

• May they be well.

• May they be peaceful and at ease.

• May they be free of suffering.

• May they be healthy and well.

• CONTINUE... VISUALIZING ANY AND ALL POPULATIONS ON EARTH.