



Loving Kindness Meditation

Meditation



Meditation Preparation



Silence your phone



Exit out
of email



Create a
quiet
Space



Play
music





Loving Kindness Meditation

- May I be happy, healthy, and loved.
- May I be safe and protected.
- May I be alive and free.
- May I experience inner peace and ease.

Celebrate Others Good Fortunes

- Notice signs of good fortune in others
- Send well wishes to this person
- Notice the positive emotions you experience in sending your wishes



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