



DREAM IT. LIVE IT.

Loving Kindness Meditation

May you be happy, healthy and whole
May you have love, warmth and affection,
May you be protected from harm and free from fear,
May you be alive, engaged and joyful
May you experience inner peace and ease

Go through it once thinking of someone you love, 2nd time may I ...
Third time think of someone who you want to forgive.
If you need to forgive yourself, go through the may I version twice.