
Loving Kindness Meditation

Gently at your own pace, over and over, inwardly whispering, inwardly hearing, feeling, sensing, affirming:

May I be safe and protected and free from inner and outer harm. May I be happy and contented. May I be healthy in the whole to whatever degree possible. May I experience ease of well-being.

May I be safe and protected and free from inner and outer harm. May I be happy and contented. May I be healthy and whole to whatever degree possible. May I experience ease of well-being.

From Sharon Salzberg