



metta meditation

Directed to yourself

May I be filled with loving-kindness

May I be held in loving kindness

May I accept myself as I am

May I be happy

May I know the joy of being alive

Repeat this as many times as you feel you need and then move on to the next step.

Directed to someone you like/ love

May you be filled with loving-kindness

May you be held in loving kindness

May you accept yourself as you are

May you be happy

May you know the joy of being alive

Directed to the world and globally

May we be filled with loving-kindness

May we be held in loving kindness

May we accept ourselves as we are

May we be happy

May we know the joy of being alive

Directed to someone who challenges you

May you be filled with loving-kindness

May you be held in loving kindness

May you accept yourself as you are

May you be happy

May you know the joy of being alive