

## Loving-Kindness Meditation

### Yourself

May I be healthy and strong. May I be safe and protected. May I be peaceful and free from mental, emotional, and physical suffering. May I be happy and joyful. May I be patient and understanding. May I be loving, kind, compassionate, and gentle in my ways. May I be courageous in dealing with difficulties, and always meet with success. May I be diligent and committed to my meditation practice, and to helping others along their spiritual path. May my True Nature shine through, and onto all beings I encounter.

### Everyone in Your House

May every person and living being in my house be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

### Your Neighborhood

May every person and living being in my neighborhood be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)

Copyright 2012 The Mindfulness Meditation Institute 2

### Your City

May every person and living being in my city be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

### Your Country

May every person and living being in my country be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

#### The Whole Planet

May every person and living being on earth be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.

#### The Entire Universe on All Planes of Existence

May every person and living being in the entire universe on all planes of existence be healthy and strong. May they be safe and protected. May they be peaceful and free from mental, emotional, and physical suffering. May they be happy and joyful. May they be patient and understanding. May they be loving, kind, compassionate, and gentle in their ways. May they be courageous in dealing with difficulties, and always meet with success. May they be diligent and committed to their meditation practice, and to helping others along their spiritual path. May their True Nature shine through, and onto all beings they encounter.