

# METTA MEDITATION

We begin with our self and gradually extend the wish for well-being & happiness to all beings.



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**May I be happy. May I be well.**

**May I be safe.**

**May I be peaceful and at ease.**

After directing loving-kindness toward yourself, bring to mind someone who has deeply cared for you. Slowly repeat the phrases of loving-kindness toward them: May you be happy. May you be well. May you be safe. May you be peaceful and at ease.

Next bring to mind family, friends, neighbors, or acquaintances, strangers, animals, and people with whom you have difficulty. You can use the same phrases, or make ones that represent loving-kindness toward these beings.