

Gina Hampton

Love and Kindness Meditation



Sit or lay in a comfortable position.

Place hands over heart and say these words in love:

May I be Well,

May I be Happy,

May I be Peaceful,

May I be Loved.

Think of someone you are familiar with, or comfortable with:

May You be Well,

May You be Happy,

May You be Peaceful,

May You be Loved.

Think of someone you don't know, like someone at the store or you see on the street:

May You be Well,

May You be Happy,

May You be Peaceful,

May you be Loved.

Think of someone you are having trouble with:

May You be Well,

May You be Happy,

May You be Peaceful,

May You be Loved.

With each wish, envision them receiving Love and Kindness.