



Mindful Moment: Loving-Kindness Meditation

Settle into a quiet place. Breathe slowly and soften your gaze.

Repeat the following cycle two times each:

May I be happy

May I be well

May I be healthy

May I be safe

May I be loved

May (insert name) be happy

May (insert name) be well

May (insert name) be healthy

May (insert name) be safe

May (insert name) be loved