

The Dalai Lama's Loving Kindness Meditation

Repeat out loud or inward like a mantra and allow the feeling to arise with each statement.

Toward Yourself.

- ❖ May I be truly happy.
- ❖ May I live in peace.
- ❖ May I live in love.
- ❖ May I know the power of forgiveness.
- ❖ May I live in recognition that my life has deep meaning and good purpose.

Toward a loved one you'd like to support.

- ❖ May ... be truly happy.
- ❖ May ... live in peace.
- ❖ May ... live in love.
- ❖ May ... know the power of forgiveness.
- ❖ May ... live in recognition that my life has deep meaning and good purpose.

Toward a sacred friend you'd like to forgive.

- ❖ May ... be truly happy.
- ❖ May ... live in peace.
- ❖ May ... live in love.
- ❖ May ... know the power of forgiveness.
- ❖ May ... live in recognition that my life has deep meaning and good purpose.

Toward humanity.

- ❖ May all beings be truly happy.
- ❖ May all beings live in peace.
- ❖ May all beings live in love.
- ❖ May all beings know the power of forgiveness.
- ❖ May all beings live in recognition that my life has deep meaning and good purpose.