

Now think of someone in your life who has cared deeply for you. Repeat phrases of loving kindness toward that person:

*“May you be happy. May you be well. May you be safe. May you be peaceful and at ease.”*

Now think of other friends, neighbors, acquaintances, pets, even strangers, anyone you would like to include. 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.”*

Finally, think of a person that causes you trouble or pain, someone you have struggled to love, like, or get along with. Use the same phrases, repeating them again and again, toward this person:

*“May you be happy. May you be well. May you be safe. May you be peaceful and at ease.”*

As you move through this exercise, you might find difficult feelings like sadness or anger coming up. Do not judge yourself or the feelings. You might try directing loving kindness toward these feelings also.

*“May you be happy. May you be well. May you be safe. May you be peaceful and at ease.”*