

*May you be healthy.  
May you be happy.  
May you be safe.  
May you have peace.*

# Pastor Laurie's Loving Kindness Meditation

- 1 Start by getting centered. Turn toward your higher power or source of blessings and put your hands over your heart. Say these four lines just to yourself: *May I be healthy, May I be happy, May I be safe, May I have peace.* Just hold the sentiment there until you feel it, until you know it, until you receive it.
- 2 Next, lift your hands upward in gratitude, like a child waiting to be lifted, or a person imploring the Almighty, or a grateful person turning toward those who have blessed you, and offer them those same blessings: *May you be healthy, May you be happy, May you be safe, May you have peace.*
- 3 Then, hold your hands in front of your face like you're looking into your cell phone, or a portrait out of your wallet, or the people that you love the best. And as you gaze into their eyes, offer them this blessing: *May you be healthy, May you be happy, May you be safe, May you have peace.* (You may even blow them a kiss.)
- 4 There will be people you don't know who also need a blessing. You might see them on TV, you might pass them in the hallway, they may pass you on the highway, but be a conduit of blessing to them. Extend your arms in front of you, holding out your hands saying: *May you be healthy, May you be happy, May you be safe, May you have peace.*
- 5 Next, turn your hands away like a wall to protect yourself from danger, set boundaries, and pray even for your enemies: *May you be healthy, happy, safe, and peaceful.*
- 6 Lastly, open your arms wide to the universe, to all creatures, near and far, known and unknown, your kind and other kinds, all beings in this world and beyond, as you pray: *May you be healthy, May you be happy, May you be safe, May you have peace.*
- 7 Gather all of those prayers and beings back to your own beating heart, knowing that you are a part of the whole and all things are a part of you. Pray for one and all: *May you be healthy, May you be happy, May you be safe, May you have peace,* and know that you are dearly loved.

Amen. Shalom.

