Loving-kindness practice

Wishing well, to yourself and to others.

This practice builds warmth and goodwill by repeating simple wishes. You do not need to feel anything in particular while you do it.

The phrases

Use these, or your own words:

- May you be safe.
- May you be well.
- May you be at ease.
- May you be happy.

The practice (about ten minutes)

1. Sit comfortably and take a few slow breaths.
2. **Someone easy.** Bring to mind a person, or a pet, you feel uncomplicated warmth for. Picture them. Silently offer them the phrases, slowly, a few times.
3. **Yourself.** Now offer the same wishes to yourself. "May I be safe. May I be well. May I be at ease. May I be happy." If that is hard, imagine yourself as a child, or picture the person from step 2 saying it to you.
4. **Someone neutral.** A neighbour, someone at the shop. Offer them the phrases.
5. **Someone difficult.** Only if you want to, and not the most difficult person in your life. Offer them the phrases. If it is too much, go back to yourself.
6. **Everyone.** Widen it out: "May all of us be safe, well, at ease, happy."
7. Rest for a moment, then finish.

If it feels forced or brings up sadness

That is common, especially when directing kindness at yourself. It does not mean you are doing it wrong. Keep the tone gentle, shorten the practice, or stay with the easy person for a while.

Who came to mind for each step?

What I noticed

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