

'Loving-kindness' meditation one:

Arrange yourself in a comfortable position where you don't feel constrained by clothing, furniture or the proximity of others. Your head, neck and chest should be in a straight line.

Pause for two breaths.

I will say a line from the meditation and pause, you do not need to speak but try and visualise that which is being described as I speak.

*Pause for two breaths.*

May I be well happy and peaceful.

*Pause for one breath.*

May all beings in this room be well happy and peaceful.

*Pause for one breath.*

May all beings in this building be well happy and peaceful.

*Pause for one breath.*

May all beings in the neighborhood be well happy and peaceful.

*Pause for one breath.*

May all beings in this town be well happy and peaceful.

*Pause for one breath.*

May all beings in this Province be well happy and peaceful.

*Pause for one breath.*

May all beings in Canada be well happy and peaceful.

*Pause for one breath.*

May all beings in this hemisphere be well happy and peaceful.

*Pause for one breath.*

May all beings on this planet be well happy and peaceful.

*Pause for one breath.*

May all beings in the universe be well happy and peaceful.

Pause for two breaths (Miller, 1994, p. 83). Thank you.

Miller, J. P. (1994). *The contemplative practitioner: Meditation in education and the professions*. Westport, Connecticut: Bergin and Garvey: Greenwood Publishing Group Inc.