

# LOVING KINDNESS MEDITATION

*Loving Kindness Meditation has been demonstrated to decrease loneliness and increase a sense of connectedness.*

*May you be happy.*

*May you be healthy.*

*May you be peaceful.*

*May you be safe.*

1. Sit comfortably and close your eyes if it feels right to you.
2. Focus on these loving kindness messages.
3. Imagine receiving these messages from those who love you.
4. Imagine sending these messages to people you love.
5. Imagine sending these messages to people who are neutral.
6. Imagine sending these messages to all living beings.