



# Metta Loving-Kindness Meditation

Numerous studies have provided evidence that Metta Loving-Kindness meditation has the ability to restructure the brain in a positive way. Metta means 'positive energy and kindness towards self and others' in the Pali language from northern India and closely related to Sanskrit.

Engaging in this easy and simple practice requires only a few minutes of your day and can shift your perspective. Simply find a calm space, sit quietly, and intentionally direct benevolent and empathetic thoughts towards yourself and others (family and friends; someone with whom you have tension or a conflict; those around the world who are suffering).

Feel free to use these phrases below. Give yourself permission to change these, or make up your own phrases. Repeat each line three times aloud or silently.

May I be free of worry and fear  
May I feel safe and protected  
May I be well in body and mind  
May love fill me and surround me  
May I know peace and be at ease

May you be free of worry and fear  
May you feel safe and protected  
May you be well in body and mind  
May love fill you and surround you  
May you know peace and be at ease

May all beings be free of worry and fear  
May all beings feel safe and protected  
May all beings be well in body and mind  
May love fill and surround all beings  
May all beings know peace and be at ease