

## Loving Kindness Blessing

May you be at Ease.

May you feel Safe and Protected.

May you be Happy.

May you be filled with Loving Kindness.

May you feel Loving Kindness.

May you be held in Loving Kindness

That you may be at Peace.



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### Keys to Cultivating Loving Kindness:

1. Allow yourself to relax into a soft, tender, gentle opening of the heart center.
2. Open to the “feeling state” evoked by each word and let it grow within you. Feel, as best you can, the sensations of “Ease” “Safe” “Protected” “Happy” “Loving Kindness” and “Peace” flowing through your being.
3. When resistance shows up, simply note how it presents itself as an actual physical sensation in your body. Notice without judgment or shame.
4. Use the breath to soften and release the physical sensation of resistance — wherever it appears in the body — even as you invite the “feeling” of each word being spoken into that same area of the body.
5. Simply observe the dance between these two parts of your being. No judgement. No shame. No blame.
6. Imagine that the “feeling” of Loving Kindness, Ease, Happy, etc... is implanting itself into the DNA of every cell of your being.
7. Practice often.

