

Loving-Kindness Prayer

Physically Prepare:

Find a quiet and comfortable space.

Set Your Intention:

Decide on your focus for this prayer.

Reflect on Love for Yourself:

Begin by directing loving-kindness towards yourself, grounding yourself in love and gratitude.

Extend Love to Loved Ones:

Visualize and send loving-kindness to someone you care about, praying for their well-being.

Extend Love to Neutral People:

Send loving-kindness to someone you feel neutral about, asking for blessings in their life.

Extend Love to Difficult People:

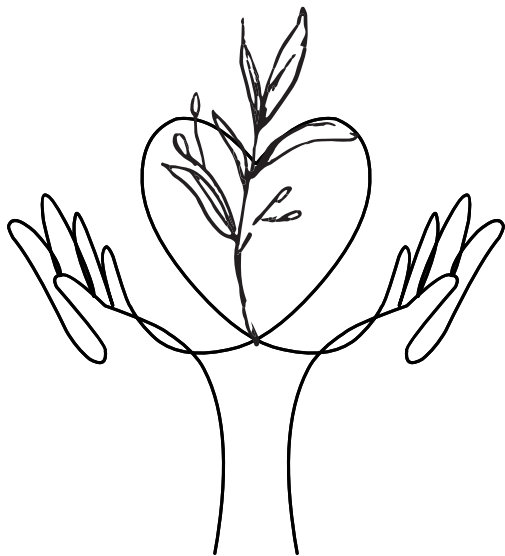
Send loving-kindness to someone with whom you have conflicts, recognizing their humanity.

Radiate Love to All Beings:

Expand your loving-kindness to include all beings, praying for shalom— universal harmony, wholeness and delight.

Reflect and Close:

Reflect on the experience, notice any changes within yourself, and express gratitude.



WHAT DOES THE LORD REQUIRE OF YOU BUT
TO DO JUSTICE, AND TO LOVE KINDNESS,
AND TO WALK HUMBLY WITH YOUR GOD?