

Lovingkindness Meditation

May I be safe.

May I be healthy and strong.

May I be happy.

May I be calm and at peace.

May you be safe.

May you be healthy and strong.

May you be happy.

May you be calm and at peace.

Lovingkindness mantras are gently spoken wishes for self, others, community, and the world. By repeating simple mantras, we focus attention on the positive things in our lives, which can become our grounding inner voice.

You may say and repeat the words together, incorporate this meditation with mindful breathing, or combine with your outdoor sit spot routine.

Children love engaging in such reflective, quiet moments, especially before resting or at the end of an active day of nature play. For families, this can become a calming activity at bedtime. Some children enjoy holding a meaningful object (or a parent's hand!) during Lovingkindness Meditation.

These words are adapted from Sharon Salzberg's lovingkindness meditation.

You can learn more at:

www.sharonsalzberg.com/teach-children-lovingkindness-meditation/

We hope you enjoy this meditation with a child(ren) in your care!

