

Kindness Metta

Type: Guided • Intention: Compassion, Connection, Calm • Duration: 12 minutes • Level: Gentle

Overview

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Setup

- Sit comfortably; optional timer at 12 minutes.

Step-by-Step

1. 3 minutes: self—repeat silently: ‘May I be safe, healthy, and at ease.’
2. 4 minutes: one person—‘May you be safe, healthy, and at ease.’
3. 3 minutes: wider world—‘May all beings be safe, healthy, and at ease.’
4. 2 minutes: rest in quiet awareness.

Guided Script (for audio or read-aloud)

Bring yourself to mind as you’d hold a friend.

Silently repeat: ‘May I be safe... healthy... at ease.’

Now bring one person to mind—someone easy, or someone you wish to soften with.

‘May you be safe... healthy... at ease.’

Expand to the city, the world: ‘May all beings be safe, healthy, and at ease.’

Rest for a minute in the quiet that remains.

Variations

- Caregiving focus: swap in ‘May you feel supported.’
- Tough relationship: start with a neutral figure (barista, delivery driver).

Printable One-Pager (Summary Card)

- Self → One Person → All Beings
- Repeat each line 3–5× softly

◆ Image Placeholder

[Place art/diagram here: Three lanterns glowing in a night garden (metta.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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