**Loving-Kindness Practice**

Formal Practice: 4 phrases, 6 categories

The phrases:

May I/you be happy

May I/you be healthy

May I/you be safe

May I/you be at ease.

The categories: yourself, friend, neutral, challenging/difficult person, all 4, everyone.

Informal Practice: “Just like me”

 Remembering that this person in front of me, or driving behind me or walking along side me – wants to be happy, has sorrows, joys, challenges, loves someone, wants to be loved – just like me.

*18 Science Based Reason to Try Loving-Kindness Meditation*

Emma Seppala, Ph. D Researcher, Stanford University and author of *The Happiness Track*

http://www.mindful.org/18-science-based-reasons-to-try-loving-kindness-meditation/

Feel free to contact me if you have any questions about your practice. Liz Korabek-Emerson