

Find yourself in a comfortable seated position. You can use whatever seated relaxing position as long as it makes you feel comfortable. You can sit on a mat, on a blanket, on a chair. It doesn't matter as long as you are comfortable. Sit up nice and tall, keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs... Follow my instructions, trust me, trust my voice and let's begin...

This Metta meditation will give you the chance to reconnect with a loving-kindness approach towards yourself and the others...

Take some time to visualize loving kindness towards yourself... think about all the people in your life that keep showing up, the people who support you... the people who make a sweet little gesture of love... choose one person that makes you feel safe... that make you feel loved and special for who you are. Feel the love coming from this person and radiate over you as you feel the warm sensation of ease, comfort, and loving kindness embrace yourself...

Now think about all the people in your life back again and feel love... love for something, love for a mood, love for yourself... you will finally see love is around you in different forms but, most of all, love is inside of you!

Happiness is amazing only if shared, right? So now it's your turn to send loving kindness to your loved ones. Be grateful for having those caring people in your life and spread your love... repeat gently... don't be shy... gently whisper to yourself...

May you be filled with loving kindness

May you feel mentally calm.

May you feel healthy.

May you feel happy.

May you have all you deserve and even more!

Now it's time to work on sending loving-kindness to someone you may not know very well. Why? Because we all need some love.

Gently repeat:

Just like me, May you be filled with loving kindness.

Just like me, May you feel mentally calm.

Just like me, May you feel healthy.

Just like me, May you feel happy.

Just like me, May you have all you deserve and even more!

Now it's time to spread your love further, to all living beings... imagine the world as a little crystal ball between your hands... feel how you are warming it up with your presence, with your love... see your reflection in the crystal, smile right back to you and say out loud to yourself and the universe...

Just like me, may you live with love, happiness, and good health.

Just like me, may you live with love, happiness, and good health.

Just like me, may you live with love, happiness, and good health.

Just like me, may you live with love, happiness, and good health.

Now take some moment to appreciate this practice. Feel how a simple meditation can make you open yourself to love starting from inside of you, spreading all over in the universe and to all its marvelous creatures. You did this, created this magic. You created love. When you are ready, open your eyes.