
A habit of loving-kindness

DAILY PRACTICE



Being kind makes us happier. Your daily practice is to call to mind your wish for peace and transformation in your own life, and to extend that wish to others.

We cannot control thoughts popping into our minds, but we can create a habit of loving-kindness so that we turn more and more towards kindness, patience, and acceptance.

WRITE DOWN YOUR OWN LOVING-KINDNESS (METTA) WISH AND TAKE A MOMENT EACH DAY TO RECITE THE WORDS.

Think of something you do every day and layer this habit onto it. For example, send out your wish while brushing your teeth, or while waiting for your morning coffee to brew.





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DAILY PRACTICE

MAY I...



MAY YOU...

MAY THEY...

