



*Wishing you Well ...*

*May you be happy and peaceful.  
May you be free from fear and pain.  
May you live with love and compassion.*

*May you fully awaken to your greatest potential.  
May you become aware of the light of your True Nature  
And be free from any ignorance and confusion  
that leads you to act in unskillful ways.  
May you be free of unnecessary suffering and grief  
And experience true joy.*



Loving Kindness Meditation  
(Adapted from *The Luminous Mind*  
by Joel and Michelle Levey)

