



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)

