

Metta meditation

Begin with one round sending loving kindness to yourself. (first stanza)

Then, move to someone who you know well and love dearly. (second stanza) Finally, do a third round with someone you have a more fraught relationship right now -- it might be someone you dislike, someone with whom you're fighting, or someone with whom you've lost touch. (second stanza)

May I be happy.

May I be well.

May I be safe.

May I be peaceful and at ease.

May you be happy.

May you be well.

May you be safe.

May you be peaceful and at ease.

Loving kindness Meditation (a body-positive version)

May I greet my body with gentleness.

May I soften when life invites me to harden.

May I listen to my intuition with wisdom and trust it with ease.

May I appreciate my body a little more in this moment, just as it is.

POEM: “Loaves and Fishes,” by David Whyte

This is not
the age of information.

This is not
the age of information.

Forget the news,
and the radio,
and the blurred screen.

This is the time
of loaves
and fishes.

People are hungry
and one good word is bread
for a thousand.

POEM: “Start Close In,” by David Whyte

Start close in,
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

Start with
the ground

you know,
the pale ground
beneath your feet,
your own
way of starting
the conversation.

Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.

To find
another's voice,
follow
your own voice,
wait until
that voice
becomes a
private ear
listening
to another.

Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,

start close in,
don't mistake
that other
for your own.

Start close in,
don't take
the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

wish -- by Cara Alwill Leyba

Replace the word "selfish" with self-love.
Act in faith instead of fear.
Be inspired everyday.
Choose kindness.
Dream so big it births butterflies.
Celebrate dreams with champagne glasses.
Because you will always make it happen.
Master something you thought you couldn't do.
Be gentle with yourself.
Motivate someone who needs it.
Laugh when you want to cry,
Because humor heals.
Realize you are worthy
of every single thing you want.
This is my wish for you.