[Loving Kindness Meditation for sleep onset](https://www.dropbox.com/s/p62wu4zs7pjpm9i/Bed-nap-time%20Loving%20Kindness%20Meditation.m4a?dl=0) (~7 minutes long)

Take a few deep breaths, relax your body. Feel your energy settle into your body and into the moment. See if certain phrases emerge from your heart that express what you wish most deeply for yourself, not just for today, but also in an enduring way. Phrases that are big enough and general enough that you can ultimately wish them for all of life, for all beings everywhere.

Classical phrases are things like, "May I live in safety. May I be happy. May I be healthy. May I live with ease."

You can gently repeat these phrases over and over again. Invite your mind to rest in the phrases and whenever you find your attention has wandered, notice any worry about it and then see if you can let that go. When you recognize you've lost touch with the moment in this or any other way, see if you can gently let go and begin again.

May I live in safety. May I be happy. May I be healthy. May I live with ease. (May repeat 1 time)

Now, call to mind somebody that you care about, a good friend, or someone who's helped you in your life, someone who inspires you. Say their name to yourself and allow yourself to visualize them. Get a feeling for their presence, and then direct the phrases of loving kindness to them.

May *you* live in safety. May you be happy. May you be healthy. May you live with ease. (May repeat 1 or 2 times)

Now, call to mind someone you know who's having a difficult time right now. They've experienced a loss, painful feeling, and a difficult situation. If somebody like that comes to mind, bring them here. Imagine them sitting in front of you. Say their name. Get a feeling for their presence and offer the phrases of loving kindness to them.

May *you* live in safety. May you be happy. May you be healthy. May you live with ease. (May repeat 1 or 2 times)

Now, think of someone who plays some role in your life, some function that you don't know very well, that you don't have a particular feeling for, or against. Maybe a staff person that you recognize but don’t know very well, the checkout person at the supermarket where you shop, somebody that you see periodically. If someone like that comes to mind, imagine them sitting in front of you, and offer these same phrases of loving kindness to them.

May *you* live in safety. May you be happy. May you be healthy. May you live with ease. (May repeat 1 or 2 times)

When we connect into these phrases, aiming the heart in this way, we're opening ourselves to the possibility of including, rather than excluding, of connecting, rather than overlooking, of caring, rather than being indifferent. And ultimately, we open in this way to all beings everywhere, without distinction, without separation.

May all beings live in safety. May all beings be happy. May all beings be healthy. May all beings live with ease.

All people, all animals, all creatures, all those in existence, near and far, known to us and unknown to us, all beings on the earth, in the air, in the water, those being born, those dying,

May all beings everywhere live in safety. May all beings everywhere be happy. May all beings everywhere be healthy. May all beings everywhere live with ease.

You feel the energy of this aspiration extending infinitely in front of you, to either side, behind you, above and below. As the heart extends in a boundless way, leaving no one out, may all beings live in safety, be happy, be healthy, and live with ease.

And when you feel ready…only when you are ready, slowly and gently bring yourself back into the room, feel your body and however it is positioned, wiggle your fingers and your toes and then allow your eyes to open and see if you can bring this energy with you throughout the rest of your day.