

Five types of persons to develop loving-kindness toward:

- Yourself - A Friend - A Neutral Person
- A Difficult Person - All Four of the Above Equally
- The entire universe

PICTURE EACH OF THESE PEOPLE IN YOUR MIND & SEND THEM LOVING-KINDNESS BY SAYING:

- May I be well.
- May I be happy.
- May I be free from suffering.
- May my good friend be well.
- May my good friend be happy.
- May my good friend be free from suffering.
- May the neutral person be well.
- May the neutral person be happy.
- May the neutral person be free from suffering.
- May this person I find difficult be well.
- May this person I find difficult be happy.
- May this person I find difficult be free from suffering.
- May the entire universe be well.
- May the entire universe be happy.
- May the entire universe be free from suffering.

OR

- May I live in safety.
- May I have mental Happiness (peace or joy).
- May I have physical happiness (health).
- May I live with ease.

[continue with each type of person]

OR

- I know I (they) suffer.
- I inhale the dark cloud that's around me (them).
- I transform & generate the light of compassion.
- Exhale slowly three times.