

# **Mēṭṭa Meditation**

## **Adapted by Diana Christinson**

Commit to 365 days of practicing LOVE.  
Here's to raising the light and vibration through a loving and powerful daily practice.  
Together our prayers and energy will make the world brighter.

***“Go through the day as if you were the Dalai Lama undercover.”***

~Jack Kornfield



Sit in silence. With eyes closed, imagine a light coming from a huge, extravagant source. See the light move through the top of your head and into your entire body, filling and surrounding you with vibrant light. When you feel the energy in and around you, offer your prayer:

***May I be filled with love, kindness, and joy.***

***May I be safe from inner and outer dangers.***

***May I be vibrantly healthy - body, energy, spirit.***

***May I feel deep peace and ease.***

***May I receive this light of Mēṭṭa and be a light to my family, to my friends, and in this world.***

See and feel the light around you grow and expand to a larger orb of energy surrounding you. Welcome the ones you love. Invite your family, friends, pets, people you love on the other side into the light. Offer your prayer:

***May YOU be filled with love, kindness, and joy.***

***May you be safe from inner and outer dangers.***

***May you be vibrantly healthy - body, energy, spirit.***

***May you feel deep peace and ease.***

***May you receive this light of Mēṭṭa and be a light to your family, to your friends, and in this world.***

Extending the light beyond your orb of loved ones, include people who are hurt or suffering. Send out compassion and healing energy as you offer your prayer:

***May YOU be filled with love, kindness, and joy.***

***May you be safe from inner and outer dangers.***

***May you be vibrantly healthy - body, energy, spirit.***

***May you feel deep peace and ease.***

***May you receive this light of Mēṭṭa and be a light to your family, to your friends, and in this world.***