



METTA BLESSING MEDITATION
January 3, 2021
Sage-ing International Executive Circle

Set a quiet, still time in your day. If it is safe to do so, bring a lit candle to your space. Perhaps, include a symbol that represents “blessing one another” with loving kindness, protection, health, and good intention. Now, take a few moments to nestle into a comfortable position. Ease into a few centering breaths. In your mind’s eye, imagine a special, safe, spacious space on Earth in the magnificence of nature—whether in your yard, in the forest, on a mountain top, a breathtaking valley, by the seashore, or another place that satisfies your soul. Imagine being surrounded by a circle of candles all aglow in this special setting, or perhaps a Cosmic ray of light surrounding you. Imagine you are also encircled by those who care deeply about you, wish for your well-being and happiness. See them gathering around you. Now, with your hands gently on your heart space, your head slightly tilted comfortably upward, take a moment to offer this blessing for yourself:

May I be happy.
May I be peaceful.
May I be protected from inner and outer harm.
May my pain and sorrow be eased.
May I be healthy.
May my mind be at ease.

Remaining in this position, immersed in light and the warmth of those who love you and care deeply about you, follow this Metta Blessing Meditation by imagining others who you want to bless:

May you be happy.
May you be peaceful.
May you be protected from inner and outer harm.
May your pain and sorrow be eased.
May you be healthy.
May your mind be at ease.

In compassionately reflecting on past months, now consider sending this blessing to:

- Members of your family. Perhaps, there are those who are ill, convalescing or have particular needs today.

May you be happy.
May you be peaceful.
May you be protected from inner and outer harm.
May your pain and sorrow be eased.
May you be healthy.
May your mind be at ease.

- Next, send this blessing to friends in your close circle; blessing them one by one.

May you be happy.
May you be peaceful.
May you be protected from inner and outer harm.
May your pain and sorrow be eased.
May you be healthy.
May your mind be at ease.

- Now, repeat this mantra quietly as you expand this blessing to your neighbors, and those you pass by during your days.

May you be happy....etc.

- Increase the magnitude of your blessings to people struggling i.e. those grieving, heartbroken, suppressed, unemployed, unsafe, those potentially in harm's way—those you know personally and those you do not.

- Now include in your blessings the continuing work of first responders supporting the welfare of your community and country i.e. firefighters, emergency medical technicians, emergency room healthcare providers, doctors, nurses, technicians, triage employee.
- Consider now blessing frontline workers i.e. workers in medical and healthcare facilities, scientists, medical supply, telecommunications, information technology systems, defense, food and agriculture, transportation and logistics, energy, water and wastewater, law enforcement, and public works.
- For all of the children and youth in your global family who will someday be making *critical-thinking* decisions in creating positive change for a better world.
- Enlarge this blessing to all beings, including plants, 4-legged ones, species of the air, Earth organisms, and the Kingdoms of all living things.
- Take a deep, gentle breath now to bless the souls of those who have departed this life journey i.e. your ancestors, immediate family members, friends, neighbors, and those who you do not even know.
- Behold Earth and all that your home in this Universe offers in sustaining life on this planet, offering blessing for Earth's health, protection and well-being.
- Now, see in your mind's eye those people you encounter in Sage-ing International and for whom you wish to send blessing i.e. fellow sojourners, Wisdom Circle companions, leaders and friends dedicated to the conscious aging message around the world.

Take another gentle, intentionally deep breath, and allow the *promise of light* to enter your heart space. Imagine this light starting to spread throughout your body, to your arms and fingertips, upward to encompass your head, brain, eyes, ears, mouth, nose, and throat. Gently witness this light moving downward through your body core—from your higher chakras toward your root chakra. Feel the warm glow of light expanding slowly, gently moving throughout your body. Remain still in the essence of this light for a few moments.

Now begin to gather elements of your light into your heart chakra; imagine this beautiful essence as a “light of blessing” moving outward through your heart space to all of those you have now blessed. Imagine, one-by-one, each being actually sensing in some miraculous way that they are loved, cared for, and protected in this very moment.

Become conscious of your hands on your heart space; breathe in deep intentional breaths, and breathe out gently. In the stillness, offer a prayer of gratitude for your amazing capacity to

make a difference in the world through purposeful and loving kindness. In closing this meditation, reflect on this blessing:

Now is the time to honor the dawning of a New Year—a rebirth that calls upon my authentic light as a source of hope for good things to come in creating a better world. Now is the time for the light illuminated by all beings around the world to hold promise for flourishing life in 2022. May this be the truth.

Hold this blessing reverently in your heart as you ease into completing this Metta Blessing Meditation.

Optional Reflection: Consider allowing yourself 5-15 minutes to debrief by journaling about your experience during the Metta Blessing Meditation. Note your response to the contemplative question:

What one thing did I sense, intuitively know, or remember, during this meditation that calls for my light to shine forth right now?

Conclude this meditation by extinguishing your candle.

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