

## A METTA for COMPASSION and LOVING KINDNESS



*Introduction:*

✠ Come, Holy Spirit and fill my heart with your Divine Wisdom.  
Amen.

*Next place a hand on your heart, slowly formulate your desires into phrases such as:*

May I be filled with your compassion, Lord;  
may your Mother's love enfold me.

May (*name of person close to you*) be filled with your compassion, Lord;  
may your Mother's love enfold him/her.

May my friends be filled with your compassion, Lord;  
may your Mother's love enfold them.

May (*those you find it hard to like*) be filled with your compassion, Lord;  
may your Mother's love enfold them.

May (*name of someone you dislike*) be filled with your compassion, Lord;  
may your Mother's love enfold him/her.

These things I ask for the sake of Jesus' Compassionate Heart. Amen.

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