



# Friendly Wishes Meditation

Similar to Loving Kindness meditations, which begins, “May I be happy, May I be healthy, May I be peaceful...”, Friendly Wishes focuses on loved ones and circumstances from your own life to help promote a positive attitude and self-acceptance.

As with all meditations, it’s best to find a quiet spot where there’s little chance of being interrupted. The meditation does not have to last long. Even just a few minutes can make a difference.

The words below are simply suggestions. Feel free to change the text to issues important to you. Begin by focusing on good things and the people you love. Then, start to include those things that bother you, or people you might be mad at. Over time, you might just find you’re feeling better about a problem.

## The Exercise

Sit in a comfortable spot. Close your eyes and take a few deep breaths to relax. Next, start to say the meditation in your head, or even quietly to yourself.

Here’s a sample of how a meditation might go. It can feel a little silly at first, but the more you do it, the more you’ll start to feel the effects.

## Sample

*“I wish to be happy.*

*I wish happiness for my mom.*

*I wish happiness for my dad.*

*I wish happiness for my brother [or sister].*

*I wish happiness for my best friend.”*

And continue naming people you love/like.

Once you’ve gone through the list, start to add in those things that are bothering you. For example:

*“I wish my headaches would go away.*

*I wish my mom would stop worrying so much.*

*I wish grandma would get healthy soon.”*

Once you’ve covered all the situations and people you want in the list, take a few more deep breaths to finish. Then open your eyes, and sit for a few more minutes before getting back into your day.