A 30-Minute Session

Settle (a minute or two to get seated, stretch, and take a few deep breaths)



(Metta means loving-kindness: a sincere wish for someone's happiness.)

Start with the Four Smiles: lips, eyes, mind, heart.

Whenever your mind wanders, do the 6Rs: Recognize, Release, Relax, Resmile, Return, Repeat.

When the timer ends, sit quietly for another minute or two before you open your eyes.