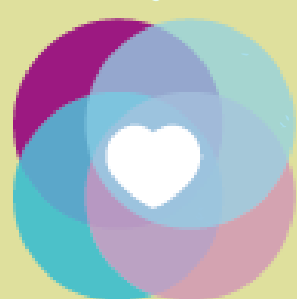


## Metta Meditation

May I be happy.  
May I be well.  
May I be safe.  
May I be peaceful and at ease.

May you be happy.  
May you be well.  
May you be safe.  
May you be peaceful and at ease.

Holding Harmlessness



*Kristen Darcy*

Author | Divorce & Fertility Coach | Speaker