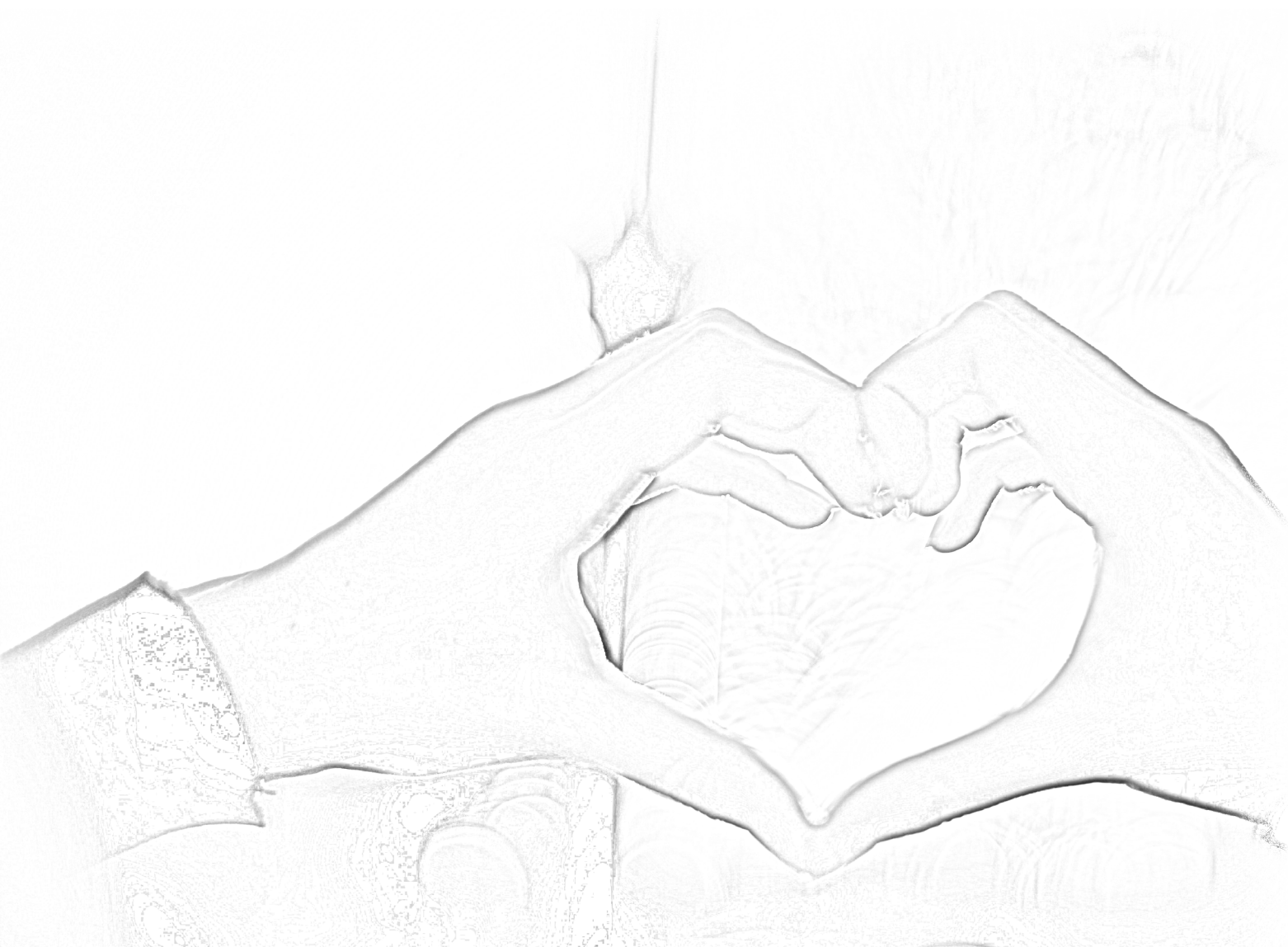


# Loving Kindness Meditation

7-day journal

By Ram Mahalingam







## Day 4:

DS/DP Observations:

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Take a moment to think of a compassionate person among your friends. Describe that person and write down one of their compassionate acts.

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## Day 5:

DS/DP Observations:

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Take a moment to think of a compassionate person who is not a friend or family member (e.g., someone you read about or interact with at your workplace, school, or other social context). Write a sentence about the person and write down one of their compassionate acts.

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