

Metta “Loving Kindness” 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.

May we all be happy.
May we all be well.
May we all be safe.
May we all be peaceful and at ease.

May all beings be happy.
May all beings be well.
May all beings be safe.
May all beings be peaceful and at ease.

