

Loving-Kindness Meditation (Metta)

May I be happy and well,
May no harm or difficulties come to me,
May I live in peace and harmony.

May my family be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.

May my teachers be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.

May my friends be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.

May strangers be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.

May my enemies be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.

May all beings be happy and well,
May no harm or difficulties come to them,
May they live in peace and harmony.