

Loving Kindness Meditation

May I be happy and have peace of mind

May I be healthy and strong

May I be free of suffering, and safe from internal and external harm
May my life be of ease and well-being

May I have a compassionate heart filled with loving kindness
May I be free

May all beings be happy and have peace of mind

May all beings be healthy and strong

May all beings be free of suffering, and safe from internal and external harm

May all beings have a life of ease and well-being

May all beings have a compassionate heart filled with loving kindness

May all beings be free

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