



Metta Bhavana Prayer

May I be happy.
May I be healthy.
May I be free of suffering.
May I be free of mental anxiety.
May I live in peace.
May my life be blessed with ease.

May you be happy.
May you be healthy.
May you be free of suffering.
May you be free of mental anxiety.
May you live in peace.
May your life be blessed with ease.

May WE be happy.
May WE be healthy.
May WE be free of suffering.
May WE be free of mental anxiety.
May WE live in peace.
May OUR lives be blessed with ease.

REPEAT 3x

The first time is for yourself.

The second time—send it to someone you love,
someone you are having challenges with or a group of people.

The third time is for EVERYONE, every sentient being on the planet,
every being in this multi-verse—it's all inclusive!