

The 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