

A Meditation for Loving Kindness

Direct these words to yourself:

“May I be free from danger”

“May I be happy”

“May I be healthy”

“May I live with ease”

“May I be peaceful”

Direct these words to someone you love and care for:

“May you be free from danger”

“May you be happy”

“May you be healthy”

“May you live with ease”

“May you be peaceful”

Direct these words to an acquaintance, someone you see in the hallway, on campus, in town:

“May you be free from danger”

“May you be happy”

“May you be healthy”

“May you live with ease”

“May you be peaceful”

Now, direct loving kindness to all Beings everywhere, without distinction or exception:

“May all Beings be free from danger”

“May all Beings be happy”

“May all Beings be healthy”

“May all Beings live with ease”

“May all Beings be peaceful”

May all Beings, those newly born, those in pleasure, those struggling, those in sorrow, those dying, and those in-between; may every creature and Being be touched by loving kindness and compassion. And may the power of our heart and our goodness and our love bring that light to the world, and bring freedom to our lives and those of all Beings.