

## Metta (Lovingkindness) Recitation

May I be free from all sources of danger and harm.

May I have happiness in body,

Happiness in mind,

And ease of wellbeing.

May my loved ones be free from all sources of danger and harm.

May my loved ones have happiness in body,

Happiness in mind,

And ease of wellbeing.

May those with whom I have difficulties be free from all sources of danger and harm.

May those with whom I have difficulties have happiness in body,

Happiness in mind,

And ease of wellbeing.

May all beings be free from all sources of danger and harm.

May all beings have happiness in body,

Happiness in mind,

And ease of wellbeing.