

## Loving-kindness meditation phrases

May I be free from danger.  
May I have mental happiness.  
May I have physical happiness.  
May I have ease of well being.

May I be happy.  
May I be healthy.  
May I be safe and protected.  
May I be peaceful and at ease.

May I be safe and protected  
May I be happy and peaceful  
May I be healthy and strong  
May I care for myself with ease  
May I love myself just as I am

May I be healthy.  
May I be happy.  
May my heart be filled with love.  
May I be peaceful.  
May I have ease of well being and may I live in safety.

May no problems come to me.  
May no difficulties come to me.  
May no harm come to me.  
May I always meet with success.  
May I have the patience, strength, courage, inner clarity and wisdom to meet and overcome and accept the inevitable problems, difficulties and failures in my life.

May my whole heart be filled with loving kindness.  
May every cell of my body be filled with loving kindness.  
May every level of my consciousness be purified with loving kindness and may I build a happy, healthy aura of loving kindness all around me.  
May I be protected.

May my parents be well.  
May my teachers and mentors be well.  
May my loved ones be well.  
May my friends, co-workers, and neighbours be well.  
May anyone who I have harmed or who has harmed me be well.  
May those in need, who are sick, or in institutions be well.  
May all beings be well.

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