

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 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 those in need, who are sick, or in institutions be well.
May all beings be well.

Benefactor
Self
Dear Friend
Familiar Stranger (neutral person)
Difficult person
All beings