

Loving- Kindness *meditation*



May I be filled with love and compassion.

May I be happy.

May I be healthy.

May I be at ease.

May they be filled with love and compassion.

May they be happy.

May they be healthy.

May they be at ease.

May all beings be filled with love and compassion.

May all beings be happy.

May all beings be healthy.

May all beings be at ease.