The Prayer of Light focuses on developing and generating the four immeasurables: lovingkindness, compassion, altruistic joy and equanimity. Lovingkindness, or metta, is the wish for the welfare and happiness of all beings. Compassion is the desire to heal suffering. Altruistic joy is gladness at the success and good fortune of others; and equanimity is impartiality and freedom from bias.

The Prayer of Light echoes the instructions in the Metta Sutra to “radiate kindness throughout the entire world, spreading upward to the skies and downward to the depths” by giving us a spatial orientation. It invites us to experience literally being surrounded and infused by love, peace, and light.

For our metta practice today, please repeat the prayer for yourself and expand it outward for someone you appreciate and someone with whom you have difficulty. Allow yourself to experience the prayer viscerally. Go beyond thinking. Become the prayer and radiate kindness by simply being.

**Prayer of Light**

Love before me

Love behind me

Love at my left

Love at my right

Love above me

Love below me

Love unto me

Love in my surroundings

Love to all

Love to the Universe

Peace before me

Peace behind me

Peace at my left

Peace at my right

Peace above me

Peace below me

Peace unto me

Peace in my surroundings

Peace to all

Peace to the Universe

Light before me

Light behind me

Light at my left

Light at my right

Light above me

Light below me

Light unto me

Light in my surroundings

Light to all

Light to the Universe