

## METTA CHANT

(Starting with self)

May I be filled with Loving Kindness  
May I be well  
May I be peaceful and at ease  
May I be happyw

(Regarding another)

May you be filled with Loving Kindness  
May you be well  
May you be peaceful and at ease  
May you be happy!

(Towards the group)

May we be filled with Loving Kindness  
May we be well  
May we be peaceful and at ease  
May we be happy!

(All beings everywhere)

May all be filled with Loving Kindness  
May all be well  
May all be peaceful and at ease  
May all be happy!