

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!