

Meditation on Loving Kindness

This is usually said aloud or listened to and repeated line for line as a focus or technique for meditation.

My heart fills with loving-kindness. I love myself;
May I be happy, may I be peaceful, may I be liberated;

May all beings in this vicinity be happy,
may they be peaceful, may they be liberated;

May all beings in this state be happy,
may they be peaceful, may they be liberated;

May all beings in this country be happy,
may they be peaceful, may they be liberated;

May all beings on this planet be happy,
may they be peaceful, may they be liberated;

May my parents be well; may they be happy,
may they be peaceful, may they be liberated;

May my friends be well; may they be happy,
may they be peaceful, may they be liberated;

May my enemies be well; may they be happy,
may they be peaceful, may they be liberated;

May all beings be free from internal strife;

May all beings be free from mental troubles;

May all beings be free from physical troubles;

May all beings be able to continue their bodily life without disturbance;

If I have hurt anyone known or unknown, in thought, in word, or in deed, I ask their forgiveness;

If I have been hurt by anyone known or unknown, in thought, in word, or in deed, I extend my forgiveness;

May all beings everywhere, near or far, known or unknown, be happy,
may they be peaceful, may they be liberated.

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