

Metta (Loving Kindness) Practice

From

Mindfulness in Plain English

By

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Page 101

I.

May I be
well,
happy and
peaceful.

May no harm come to me.
May no problems come to me.
May I always meet with success.

May I also have
Patience
Courage,
Understanding, and
Determination
To meet and overcome
Inevitable
Difficulties,
Problems, and
Failures in life.

II., III

May [II - my family and friends, III - all sentient beings] be
well,
happy and
peaceful.

May no harm come to them.
May no problems come to them.
May they always meet with success.

May they also have
Patience
Courage,
Understanding, and
Determination
To meet and overcome
Inevitable
Difficulties,
Problems, and
Failures in life.