

Loving Kindness

Traditional Buddhist Prayer

May I be filled with loving-kindness.
May I be well.
May I be peaceful and at ease.
And may I be happy.

May you be filled with loving-kindness.
May you be well.
May you be peaceful and at ease.
And may you be happy.

May we be filled with loving-kindness.
May we be well.
May we be peaceful and at ease.
And may we be happy.

I am filled with loving-kindness.
I am well.
I am peaceful and at ease.
And I am happy.

I use this simple chant to end many of the workshops or retreats that I facilitate. Having people stand in a circle and singing these words to each other, and then declaring it to themselves is very powerful. I notice that singing or saying these words as a daily spiritual practice sets the tone for my whole day.