

Loving Kindness Meditation

May I be filled with loving kindness.

May I be safe from inner and outer
dangers.

May I be well in body and mind.

May I be at ease and happy.

May you be filled with loving kindness.

May you be safe from inner and outer
dangers.

May you be well in body and mind.

May you be at ease and happy.

This meditation is taken from the book, "[The Art of Forgiveness, Lovingkindness, and Peace](#)"