

Loving Kindness Blessing

May I be at ease.
May I feel safe and protected.
May I be happy.
May I feel loving kindness.
May I be filled with loving kindness.
May I be held in loving kindness,
That I may be at peace.

May you be at ease.
May you feel safe and protected.
May you be happy.
May you feel loving kindness.
May you be filled with loving kindness.
May you be held in loving kindness,
That you may be at Peace.

May all beings be at ease.
May they feel safe and protected.
May they be happy.
May they feel loving kindness.
May they be filled with loving kindness.
May they be held in loving kindness
That they may be at peace.