

Loving Kindness

A means to build self-compassion

“May I be happy.
May I be healthy.
May I be safe.
May I harbour no ill will.
May I be at peace.”

“May you be happy.
May you be healthy.
May you be safe.
May you harbour no ill will.
May you be at peace.”

“May all beings be happy.
May all beings be healthy.
May all beings be safe.
May all beings harbour no ill will.
May all beings be at peace.”

