

## **METTA BHAVANA (LOVINGKINDNESS) MEDITATION**

(These benefits are taken from the Vermont Zen Centre, [vzc.org](http://vzc.org))

May I be well, happy and peaceful. May no harm come to me. May I be free from hostility, free from affliction, free from distress. May I have the patience, courage, understanding, and determination to meet and overcome the difficulties of life.

May I live happily.

May my mind be filled with the thought of loving-kindness, compassion, joy, and equanimity. May I be generous. May I be gentle. May I be relaxed. May I be happy and peaceful. May I be healthy. May my heart become tender. May my words be pleasing to others.

May all that I see, hear, smell, taste, touch and think help me to cultivate loving-kindness, compassion, joy, and equanimity. May they help me cultivate the thought of generosity and gentleness. May they help me be at ease and be friendly. May they be a source of peace and happiness. May they help me be healthy. May they help me be free from fear, tension, anxiety, worry, and restlessness. Throughout body, speech, and mind, [i.e., in all physical, verbal and mental activities] may I be happy, may I be well, may I be at peace, may I be full of love and understanding.

In like manner cultivate metta, or lovingkindness, toward a benefactor, a dear friend (or family member), a neutral person, a difficult person, all beings.