



Metta Song

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

May you be filled with loving kindness.

May you be well.

May you be peaceful and at ease.

May you be happy.

May all be filled with loving kindness.

May all be well.

May all be peaceful and at ease.

May all be happy.

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.