

## Evening Mettā Bhāvanā—Loving Kindness Meditation

*To practice loving-kindness meditation, listen silently and think in this way...*

- (1) May I be free from anger.  
May I be free from ill will.  
May I be free from jealousy.  
May I be free from mental suffering.  
May I be free from physical suffering.  
May I live in peace. May I live happily.
- May I be free from anger.  
May I be free from ill will.  
May I be free from jealousy.  
May I be free from mental suffering.  
May I be free from physical suffering.  
May I live in peace. May I live happily.
- (2) May all beings in this monastery  
... be free from anger.  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily.
- (3) May all beings in this city  
... be free from anger.  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily.
- (4) May all beings in this province  
... be free from anger  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily.
- (5) May all beings in this country  
... be free from anger.  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily.
- (6) May all beings in this world  
... be free from anger.  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily... live happily...  
live happily.
- (7) May all beings  
... be free from anger.  
... be free from ill will.  
... be free from jealousy.  
... be free from mental suffering.  
... be free from physical suffering.  
May they live in peace.  
May they live happily... live happily...  
live happily...

Sādhu! Sādhu! Sādhu!