

Mudita Meditation: Contemplation on Appreciative Joy

(1) May I live long
May my power increase.
May my beauty increase.
May my pleasure increase.
May my fame increase.
May my praise increase.
May my wisdom increase.

(2) As I wish for myself,
May all beings in this place live long.
May their power increase.
May their beauty increase.
May their pleasure increase.
May their fame increase.
May their praise increase.
May their wisdom increase.

(3) May all beings in this city...

(4) May all beings in this province...

(5) May all beings in this country...

(6) May all beings in this world...

(7) May all beings...