

Mettā Bhāvanā

Loving-Kindness

Meditation



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



be free from
anger

May all beings
in this place

May all beings
in this
neighbourhood

*May all beings
in this city*

*May all beings
in this province*

May all beings
in this country

May all beings
in this world



May all beings

be free from

ill-will



be free
from jealousy



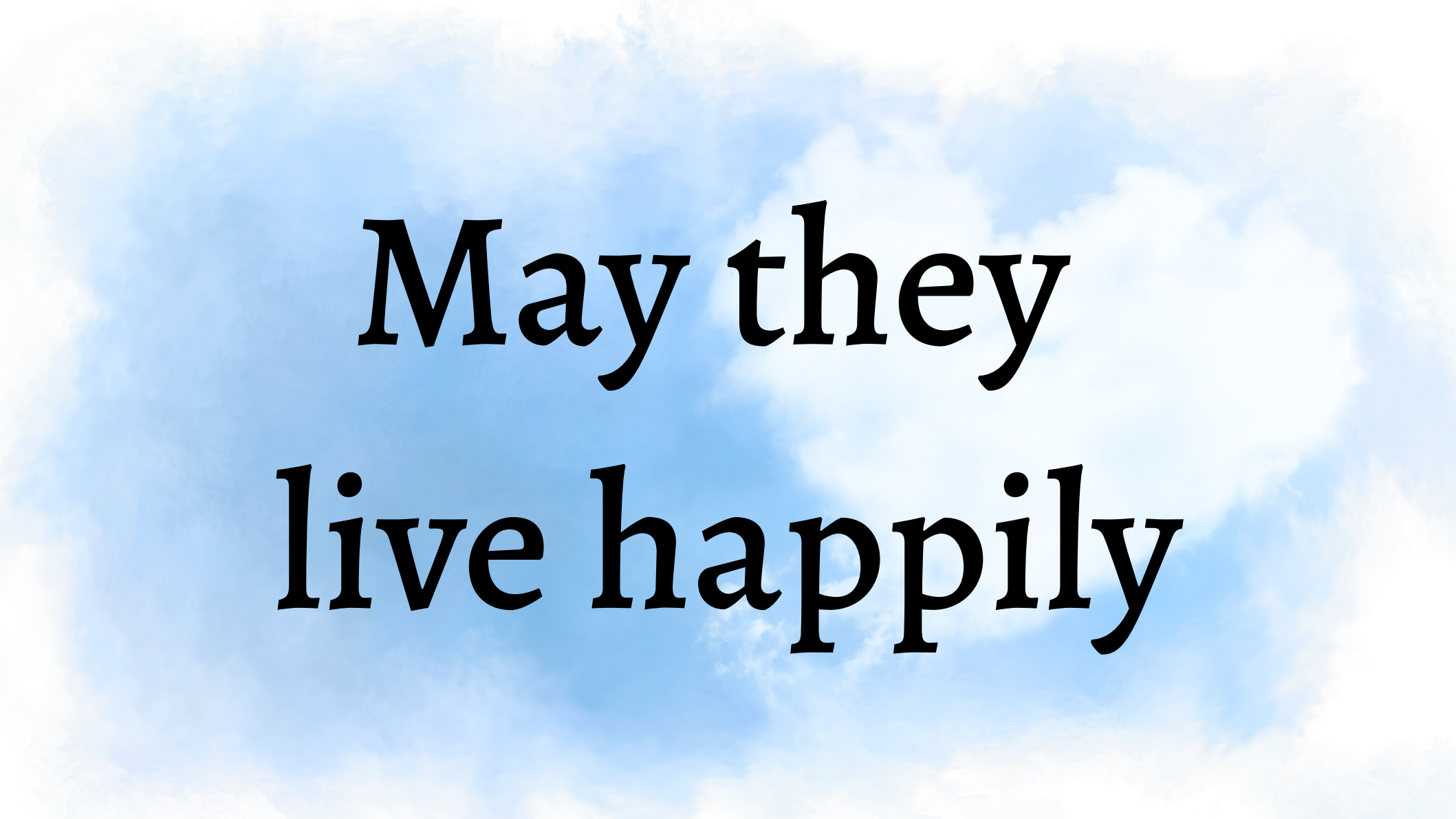
be free from
mental suffering



be free from
physical suffering



May they
live in peace



May they
live happily

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