

Metta Meditation for Peace,

based on traditional Buddhist Metta practice, written by Starr Regan DiCurcio

May I be filled with loving-kindness.

May I be well.

May I be peaceful and at ease.

May I be happy, wise, and free.

May those we love be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May our community be filled with loving-kindness.

May we be well.

May we be peaceful and at ease.

May we be happy, wise, and free.

May those at war be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May all victims of violence be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May all refugees be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May all who heal, feed, or tend those in need in any way...

May they be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May all world leaders be filled with loving-kindness.

May they be well.

May they be peaceful and at ease.

May they be happy, wise, and free.

May the Universe be filled with loving-kindness.

May all be well.

May all be peaceful and at ease.

May all be happy, wise, and free.