

Lovingkindness Practice

May all beings be safe from harm

May all beings know the ease that comes with wellbeing

May all beings receive and offer courageous kindness

May all beings realize their belonging in the whole of things

May I be safe from harm

May I know the ease that comes with wellbeing

May I receive and offer courageous kindness

May I realize my belonging in the whole of things

May we all be safe from harm

May we all know the ease that comes with wellbeing

May we all receive and offer courageous kindness

May we all realize our belonging in the whole of things