

## Lovingkindness (Metta) Prayer

[ A free recording and transcript of a Lovingkindness prayer is available at [palousemindfulness.com](http://palousemindfulness.com) as well as other free [audio meditations](#) and the online [Self-Guided MBSR course](#) ]

May "all beings" be happy, healthy and whole.

May they have love, warmth and affection.

May they be protected from harm, and free from fear.

May they be alive, engaged and joyful.

May "all beings" enjoy inner peace and ease.

May that peace expand into their world and throughout the entire universe.

This prayer is traditionally done for successively wider circles of caring, with “all beings” replaced appropriately. The first round would be for yourself, then those closest to you, then those who you feel neutral toward, then those with whom you have difficulties, and continuing outward until it includes all beings.