

The Practice of Loving-kindness

By Way of Location

May I be well, happy and peaceful.

May all beings in **this house** be well, happy and peaceful.

May all beings in **this area** be well, happy and peaceful.

May all beings in **this city** be well, happy and peaceful.

May all beings in **this county** be well, happy and peaceful.

May all beings in **this state** be well, happy and peaceful.

May all beings in **this country** be well, happy and peaceful.

May all beings in **this world** be well, happy and peaceful.

May all beings in **this universe** be well, happy and peaceful.

May **all beings** be well, happy and peaceful.

By Way of Persons

May I be well, happy and peaceful.

May **my teachers** be well, happy and peaceful.

May **my parents** be well, happy and peaceful.

May **my relatives** be well, happy and peaceful.

May **my friends** be well, happy and peaceful.

May the **indifferent persons** be well, happy and peaceful.

May the **unfriendly persons** be well, happy and peaceful.

May **all meditators** be well, happy and peaceful.

May **all beings** be well, happy and peaceful.

May all suffering ones be suffering-free

And the fear-struck fearless be

May the grieving shed all grief

And all beings find relief.