

Metta-Meditation

by Thich Nhat Hanh

May I - and may all of us - be peaceful, happy, and light in body and spirit.

May I - and may all of us - be safe and free from injury.

May I - and may all of us - be free from anger, afflictions, fear, and anxiety.

May I - and may all of us - learn to look at myself with the eyes of understanding and love.

May I - and may all of us - be able to recognize and touch the seeds of joy and happiness in myself.

May I - and may all of us - learn to identify and see the sources of anger, craving, and delusion in myself.

May I - and may all of us - know how to nourish the seeds of joy in myself every day.

May I - and may all of us - be able to live fresh, solid, and free.

May I - and may all of us - be free from attachment and aversion, but not be indifferent.