

Loving-Kindness

MEDITATION SCRIPT

May (a loved one's name) be happy.

May (a loved one's name) be peaceful.

May (a loved one's name) prosper.

May (a loved one's name) be well.

May (a loved one's name) walk with God.

I wish you well (a loved one's name) .

May (an "enemy"*) be happy.

May (an "enemy") be peaceful.

May (an "enemy") prosper.

May (an "enemy") be well.

May (an "enemy") walk with God.

I wish you well (an "enemy").

May I be happy.

May I be peaceful.

May I prosper.

May I be well.

May I walk with God.

I wish myself well.

May all beings be happy.

May all beings be peaceful.

May all beings prosper.

May all beings be well.

May all beings walk with God.

I wish all beings well.

(*An "enemy" is one with whom you may feel a sense of separation or conflict)