



MAHAMEVNAWA

Buddhist Monastery – Toronto

Mettha Bhāvanā ~ Loving Kindness Meditation



*May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical suffering.
May I live in peace.
May I live happily.*

*May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical suffering.
May I live in peace.
May I live happily.*

May my parents, teachers, relatives and my friends; may all beings in this monastery:

*... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings in this monastery live in peace.
May all beings in this monastery live happily.*

*May all beings in this city:
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings in this city live in peace.
May all beings in this city live happily.*



*May all beings in this province:
... be free from anger
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings in this province live in peace.
May all beings in this province live happily.*

*May all beings in this country:
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings in this country live in peace.
May all beings in this country live happily.*

*May all beings in this world:
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings in this world live in peace.
May all beings in this world live happily... live happily... live happily*

*May all beings:
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May all beings live in peace.
May all beings live happily... live happily... live happily.*

*SEEK the truth in a world of conceit; LEAD a righteous life in a world of
immorality; SPREAD loving kindness in a world of hatred & FIND
wisdom in a world of delusion.*

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