

The Metta Loving Kindness Prayer

For yourself

May I be safe.

May I be healthy.

May I be happy.

May I live with ease.

For those you love

May you be safe.

May you be healthy.

May you be happy.

May you live with ease.

For all beings

May all beings be safe.

May all beings be healthy.

May all beings be happy.

May all beings live with ease.

What is Metta?

Metta is a Pali word meaning loving kindness — a boundless warmth directed first toward yourself, then gradually outward to everyone around you. You don't need any experience to begin.

How to practise

Find a quiet moment and a comfortable seat. Place your hands gently over your heart. Begin by directing the phrases toward yourself — this is often the hardest part, and that's okay.

Form a diamond with your hands — index fingertips touching, thumbs touching — and hold it over your heart as you begin. With each round of the prayer, slowly move the diamond away from your chest, sending that warmth outward into the world.

Expand the words progressively: to someone you love, to someone you feel neutral toward, to someone who challenges you, and finally to all living beings everywhere.

Remember

The words are a guide, not a rule. Change them to whatever feels true in your heart. Even one minute of genuine Metta, offered first to yourself, can shift how you move through your day.