

Ayya Khema's Metta Phrases
(taken from the suttas)

May I be free from enmity.
May I be free from hurtfulness.
May I be free of troubles of mind and body.
May I be able to protect my own happiness.

May you be free from enmity.
May you be free from hurtfulness.
May you be free of troubles of mind and body.
May you be able to protect your happiness.

May all beings be free from enmity.
May all beings be free from hurtfulness.
May all beings be free of troubles of mind and body.
May all beings be able to protect their happiness.