METTA PHRASES TO USE DURING PRACTICE

SAFE

May I be safe from inner and our harm

May I know safety in my life

May I be protected from inner and outer danger

HAPPY

May I find joy in every day of my life

May I know happiness and the cause of happiness

May I have mental happiness

HEALTHY

May I make a friend of my body

May I accept the status of my health

May I be healed

LIVE WITH EASE/PEACE

May I take care of myself joyfully, wisely and happily

May I know ease of well-being

May I know peace

LOVINGKINDNESS

May lovingkindness manifest throughout my life

May I awaken to the truth of loving presence

May I experience love and joy