

LOVING-FRIENDLINESS MEDITATION

Compiled by **Bhante H. Gunaratana**

Part I

1. May **we** be well, happy and peaceful. May no harm come to us. May we always meet with spiritual success.

May we also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May we always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

2. May my **parents** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

3. May my **teachers** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

4. May my **relatives** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

5. May my **friends** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

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6. May all **indifferent** persons be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

7. May all **unfriendly persons** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

8. May **all living beings** be well, happy and peaceful. May no harm come to them. May they always meet with spiritual success.

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness and wisdom.

LOVING-FRIENDLINESS MEDITATION

Part II

1. Having seen that all beings, like oneself,
have a desire for happiness,
one should methodically develop
loving-friendliness towards all beings.
2. May I be happy, and free from suffering!
And, always, like my self
may my friends, neutral persons,
and the hostile be happy too.
3. May all beings in this village,
in this state, in other countries,
and in the world systems
be ever happy.
4. May all persons, individuals,
beings, creatures
in all world systems
be ever happy.
5. So too, may all women, men,
noble ones, non-noble ones,
gods, humans, and beings
in the lower worlds be happy.
May all beings in the ten directions
be happy.

LOVING-FRIENDLINESS MEDITATION

Part III

May I be free from hatred! May I be free from affliction! May I be free from worry! May I live happily! As I am, so also may my parents, teachers, preceptors, friendly, indifferent, and hostile beings, be free from hatred! May they be free from affliction! May they be free from worry! May they live happily! May they be released from suffering! May they not be deprived of their fortune, duly acquired!

May all beings...all living things...all creatures...all persons...all those who have arrived at a state of individuality...all women...all men ...all noble ones...all non-noble ones...all gods...all humans...all non-humans...all those who are in the hell, and in this home, village, town, this country, in this world, in this galaxy, may all of them without any exception be free from worry! May they live happily! May they be released from suffering! May they not be deprived of their fortune, duly acquired!

May those with no feet receive my love; May those with two feet receive my love; May those with four feet receive my love; May those with many feet receive my love;

May those with no feet not hurt me; May those with two feet not hurt me
May those with four feet not hurt me ; May those with many feet not hurt me

May all beings, all those with life, may all who have become, all in their entirety, May all see what is good; May suffering not come to anyone.

May the suffering be free from suffering. May the fear-struck be free from fear. May the grieving be free from grief, so too may all beings be.

From the highest realm of existence to the lowest, may all beings arisen in these realms, with form and without form, with perception and without perception, be released from all suffering, and attain to perfect peace.

LOVING-FRIENDLINESS MEDITATION

Part IV

May all beings be happy and secure!
May all beings have happy minds!

Whatever living beings there may be
without exception, weak or strong,
long, large, medium, short,
subtle, or gross,

visible or invisible,
living near or far,
born or coming to birth
may all beings have happy minds!

Let no one deceive another
nor despise anyone anywhere.
Neither from anger nor ill will
should anyone wish harm to another.

As a mother would risk her own life
to protect her only child,
even so towards all living beings
one should cultivate a boundless heart.

One should cultivate for all the world
a heart of boundless loving-friendliness
above, below, and all around,
unobstructed, without hatred or resentment.

Whether standing, walking or sitting,
lying down or whenever awake,
one should develop this mindfulness;
this is called divinely dwelling here.

Not falling into erroneous views,
But virtuous and endowed with vision,
Removing desire for sensual pleasures,
One comes never again to birth in the womb.

LOVING-FRIENDLINESS MEDITATION

Part V

1. May my mind be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May I be generous! May I be gentle! May I be grateful! May I be relaxed! May I be happy and peaceful! May I be healthy! May my heart become soft! May my words be pleasing to others!

May all that I see, hear, smell, taste, touch, and think help me to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May my behavior be friendly and my loving-friendliness be a source of peace and happiness. May my behavior help my personality! May I be free from fear, tension, anxiety, worry, and restlessness!

Wherever I go in the world may I meet people with happiness, peace and friendliness. May I be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

2 May the minds of my parents be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that my parents see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personality! May they be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

3 May the minds of my teachers be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that my teachers see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personality! May all of them be free from fear, tension, anxiety, worry, and

restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

4. May the minds of my relatives be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that my relatives see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personalities! May all of them be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

5. May the minds of my friends be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that my friends see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personalities! May all of them be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

6. May the minds of all indifferent persons be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that all indifferent persons see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personalities! May all of them be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

7. May the minds of all unfriendly persons be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that all unfriendly persons see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personalities! May all of them be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

8. May the minds of all living beings be filled with the thought of loving-friendliness, compassion, appreciative joy, equanimity! May they be generous! May they be gentle! May they be grateful! May they be relaxed! May they be happy and peaceful! May they be healthy! May their hearts become soft! May their words be pleasing to others!

May all that all living beings see, hear, smell, taste, touch, and think help them to cultivate loving-friendliness, compassion, appreciative joy, equanimity, generosity and gentleness! May their behavior be friendly and their loving-friendliness be a source of peace and happiness. May this behavior help their personalities! May all of them be free from fear, tension, anxiety, worry, and restlessness!

Wherever they go in the world may they meet people with happiness, peace and friendliness. May they be protected in all directions from greed, anger, aversion, hatred, jealousy, and fear!

LOVING-FRIENDLINESS MEDITATION

Part VI

Let us direct our minds in the eastern direction and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

Let us direct our minds to the southern direction and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be filled with the thought of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

Let us direct our minds to the west direction and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

Let us direct our minds to the northern direction and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

Let us direct our minds to the celestial direction and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

Let us direct our minds to the animal realm and hell realms and wish all living beings in that direction be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of loving-friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all beings in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all beings everywhere be filled with the feeling of loving-friendliness, abundant, exalted, measureless, free from enmity, free from affliction and anxiety. May they live happily.

May all those who are imprisoned legally or illegally, all who are in police custody anywhere in the world waiting trials be met with peace and happiness. May they be free from greed, anger, aversion, hatred, jealousy, and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

LOVING-FRIENDLINESS MEDITATION

Part VII

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all who are in hospitals suffering from numerous sicknesses be met with peace and happiness. May they be free from pain, afflictions, depression, disappointment, dissatisfaction, anxiety and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all mothers who in pain in delivering babies be met with peace and happiness. May they be free from pain, afflictions, depression, disappointment, dissatisfaction, anxiety and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all single parents taking care of their children be free from pain, afflictions, depression, disappointment, dissatisfaction, anxiety and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of

loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all children abused by adults in numerous ways be free from pain, afflictions, depression, disappointment, dissatisfaction, anxiety and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

May all rulers be gentle, kind, generous, compassionate, considerate and have best understanding of the oppressed, underprivileged, discriminated and the poverty-stricken. May their heart melt at the suffering of the unfortunate citizens. May the oppressed, underprivileged, discriminated and the poverty-stricken be free from pain, afflictions, depression, free from disappointment, dissatisfaction, anxiety and fear. Let these thoughts of loving-friendliness embrace all of them, envelope them. Let every cell, every drop of blood, every atom, every molecule of their entire bodies and minds be charged with these thoughts of friendliness. Let their bodies and minds be relaxed and filled with peace and tranquility of loving-friendliness. Let the peace and tranquility of loving-friendliness pervade their entire bodies and minds.

May all of them in all directions, all around the universe be beautiful; let them be happy; let them have good fortune; let them have good friends; let them after death be reborn in heavens.

LOVING-FRIENDLINESS MEDITATION

Part VIII

Discourse on the Benefits of Loving-Friendliness

Thus have I heard. At one time the Buddha was living in Savatthi at Jeta's grove in the park of Anathapindika. There the Buddha addressed the bhikkhus: "O bhikkhus."

"Yes, Venerable Sir," those bhikkhus replied.

The Buddha said: "O bhikkhus, there are eleven benefits from the practice of loving-friendliness that arise from the emancipation of the heart; if repeated, developed, made much of, made a habit of, made a basis of, experienced, practiced, well started, these eleven benefits are expected. What eleven?"

"One sleeps well; gets up well; does not have nightmares; becomes affectionate to human beings; becomes affectionate to non-human beings; the deities protect one; neither fire nor poison nor a weapon affect one; one's mind becomes calm immediately; one's complexion brightens; one dies without confusion; beyond that, if one does not comprehend the highest, one goes to the world of the brahmas."

LOVING-FRIENLINESS MEDITATION

Part IX

May I abide pervading one quarter with a mind imbued with loving-friendliness, likewise the second quarter, likewise the third, and the fourth. So above, below, around, and everywhere, to all as to myself, may I abide pervading the all-encompassing world with a mind imbued with loving-friendliness, abundant, exalted, immeasurable, without hostility and without ill will.

May I abide pervading one quarter with a mind imbued with compassion, likewise the second quarter, likewise the third, and the fourth. So above, below, around, and everywhere, to all as to myself, May I abide pervading the all-encompassing world with a mind imbued with compassion, abundant, exalted, immeasurable, without hostility and without ill will.

May I abide pervading one quarter with a mind imbued with joy in the good fortune of others, likewise the second quarter, likewise the third, and the fourth. So above, below, around, and everywhere, to all as to myself, may I abide pervading the all-encompassing world with a mind imbued with joy in the good fortune of others, abundant, exalted, immeasurable, without hostility and without ill will.

May I abide pervading one quarter with a mind imbued with equanimity, likewise the second quarter, likewise the third, and the fourth. So above, below, around, and everywhere, to all as to myself, May I abide pervading the all-encompassing world with a mind imbued with equanimity, abundant, exalted, immeasurable, without hostility and without ill will.

LOVING-FRIENDLINESS MEDITATION

Part X

By the blessings that have arisen from my practice,
 may my venerable preceptors,
 and teachers who have helped me,
Mother, father and relatives,
Male and female rulers,
 worldly powers, virtuous human beings,
The higher beings, demons and high gods,
 the guardian deities of the world, celestial beings
The lord of death, friendly people,
 indifferent and hostile,
May all beings be well

May the skillful deeds done by me
Bring you threefold bliss.
May this quickly bring you to the deathless.
By this act of goodness
And through the act of sharing,
May I likewise attain the cutting off
 of craving and clinging.
Whatever faults I have
 until I attain liberation,
May they quickly perish.
Wherever I am born, may there be
An upright mind, mindfulness and wisdom,
 austerity and vigor.

May harmful influences
 not weaken my efforts.
The Buddha is the unexcelled protector,
Dhamma is the supreme protection,
Peerless is the "Silent Buddha,"
The Sangha is my true refuge.

By the power of these supreme ones,
May I rise above all ignorance.

By means of this meritorious deed
May I never join with the foolish.
May I join always with the wise
Until the time I attain Nibbana.

May the suffering be free from suffering,
May the fear-struck be free from fear,
May the grieving be free from grief.
So too may all beings be.

From the highest realm of existence to the lowest,
May all beings arisen in these realms
With form and without form,
With perception and without perception
Be released from all suffering
And attain to perfect peace.