# LOVING KINDNESS

<https://www.youtube.com/watch?v=uLwm68BlH_4&index=28&list=PLgSQelBuhDhj4KsnCMp3347X6-SJk90BC>

May I be filled with loving kindness
May I be well
May I be peaceful and at ease
And may I be happy

May I be filled with loving kindness
May I be well
May I be peaceful and at ease
And may I be happy

May you be filled with loving kindness
May you be well
May you be peaceful and at ease
And may you be happy

May you be filled with loving kindness
May you be well
May you be peaceful and at ease
And may you be happy

May we be filled with loving kindness
May we be well
May we be peaceful and at ease
And may we be happy

May we be filled with loving kindness
May we be well
May we be peaceful and at ease
And may we be happy