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