

# Metta

May I accept things as they are.  
May I be free from suffering and the  
cause of suffering.  
May I have ease of well-being.  
May I be protected and safe.  
May I be happy.

Directions: Insert below the name of the least deserving person you can think of. ☺

May \_\_\_\_\_ accept things as they are.  
May \_\_\_\_\_ be free from suffering.  
and the cause of suffering.  
May \_\_\_\_\_ have ease of well-being.  
May \_\_\_\_\_ be protected and safe.  
May \_\_\_\_\_ be happy.

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“There is pain in change and there is pain in staying the same. Pick the one that moves you forward.”