May You Be Happy

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(Buddhist Lovingkindness Meditation)

May you be happy.

May you be peaceful.

May you be filled with love

May we be happy.

May we be peaceful.

May we be filled with love.

May I be happy.

May I be peaceful.

May I be filled with love.

This simple wish is one of the components of the Lovingkindness Meditation , known as "Metta". Other phrases include: May you be peaceful, may you be filled with love, may you be safe and protected, may you be strong and healthy, may you be free. These phrases are often used in relation to ourselves as well, and as a way of extending our good wishes to the entire planet ("May all beings be happy"). It's a nice way for families to send each other loving wishes while apart during the day, or as part of saying goodbye in the morning.