

Me

May I be happy

May I be peaceful

May I be filled with
loving-kindness



Family and Friends

The background of the image shows the dark silhouettes of a family walking on a sandy beach. There are two adults and a child, with their shadows cast long and dark on the light-colored sand.

May you be happy

May you be peaceful

May you be filled with loving-kindness

Co-workers/ Associates

May you be happy

May you be peaceful

May you be filled with loving-kindness

Continued...

May you be happy

May you be peaceful

May you be filled with loving-kindness

A satellite view of the Earth, centered on the Americas. The image shows the Western Hemisphere, including North and South America, the Atlantic Ocean, and the Pacific Ocean. The text is overlaid on the image.

All Beings

May all beings be happy

May all beings be peaceful

May all beings be filled with loving-kindness