

SHORT PHRASES OF LOVINGKINDNESS

from [Jon Kabat-Zinn](#)

May I be happy
May I be healthy
May I ride the waves of my life
May I live in peace
No matter what I am given

May you be happy
May you be healthy
May your ride the waves of your life
May you live in peace
No matter what you are given

May we be happy
May we be healthy
May we ride the waves of our lives
May we live in peace
No matter what we are given.