

May I be happy so I can spread happiness  
May I be peaceful so I can spread peace  
May I be filled with love so I can spread love.

May my loved ones be happy  
May they be peaceful  
May they feel love.  
May they learn whatever lessons they  
need to learn,  
as easily as possible.

May all beings be happy  
May they be peaceful  
May they feel love.

May I be happy  
May I be peaceful  
May I feel love.