

## Reflections on Universal Well-Being

May I abide in well-being,

In freedom from affliction,

In freedom from hostility,

In freedom from ill-will,

In freedom from anxiety,

And may I maintain well-being in myself.

May everyone abide in well-being,

In freedom from hostility,

In freedom from ill-will,

In freedom from anxiety,

And may they maintain well-being in themselves.

May all beings be released from all suffering,

And may they not be parted from the good fortunes they have attained.

When they act upon intention,

All beings are owners of their action

And inherit its results.

Their future is born from such action,

Companion to such action,

And its result will be their home.

All actions with intention,

Be they skillful or harmful,

Of such acts, they will be the heirs.