

Prayer of Love

Metta round the world

Metta, light the world

All beings long to come home

To feel the motherly love

Flowing soft and gently

Healing our hearts to be free

Metta round the world

Metta, light the world

Let's join hands, You and I

To find this gem, in our hearts

To bring shine to the world

Love permeates like sun's rays

Heals like sweet nectar

A few droplets a day

Will become an ocean one day

So let's join hands with one mind

One heart in unity

To bring love to the world

This is Metta round the world (x3)

May all suffering beings be free from suffering

Those in sorrow, be free from sorrow

Those in fear and dangers, be free from fear and dangers

May all beings be well and happy

All beings be well and happy

This is Metta round the world (x5)