

This prayer traditionally starts with oneself, then a benefactor and people who are easy to love, a neutral person and then to a difficult person.

The Prayer of Loving Kindness

May you be happy, as I wish to be happy.

May you know peace, as I wish to know peace.

May you be safe from inner and outer harm, as I wish to be safe.

May you be free from suffering, as I wish to be free.

The invitation with this prayer is to include awareness of arising sensation, feeling and thoughts as you contemplate forgiveness.

The Prayer of Forgiveness

Please forgive me for any harm I may have caused you, consciously or unconsciously, through my thoughts, my speech or my actions.

I forgive you for any harm you may have caused me, consciously or unconsciously, through your thoughts, your speech or your actions.

A great reference book is Loving Kindness: The Revolutionary Art of Happiness, by Sharon Salzberg.