

With the thought of love I want to contemplate the world,
and may this love extend to its four horizons.
And with love increasing beyond measure let me
encompass the whole cosmos up to its confines.

With the thought of compassion I want to contemplate the
world, and may this compassion extend to its four
horizons.
And with compassion increasing beyond measure let me
encompass the whole cosmos up to its confines.

With the thought of joy I want to contemplate the world,
and may this joy extend to its four horizons.
And with joy increasing beyond measure let me
encompass the whole cosmos up to its confines.

With the thought of peace I want to contemplate the world,
and may this peace extend to its four horizons.
And with peace increasing beyond measure let me
encompass the whole cosmos up to its confines.

(Digha Nikaya — Sangitti Sutta, attributed to Gautama
Buddha)