

His Holiness Dalai Lama's Daily Prayer Excerpt from Shantideva's Way of the Bodhisattva

*"May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.*

*May no living creature suffer,
Commit evil, or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by
depression.*

*May the blind see forms
And the deaf hear sounds,
May those whose bodies are worn with
toil
Be restored on finding repose.*

*May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.*

*May the poor find wealth,
Those weak with sorrow find joy;*

*May the forlorn find hope,
Constant happiness, and prosperity.*

*May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.*

*May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the
world,
May they never occur again.*

*May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each
other.*

*For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world."*