

Metta Prayer by Maylie Scott

May I be well, loving, and peaceful. May all beings be well, loving, and peaceful.

May I be at ease in my body, feeling the ground beneath my seat and feet, letting my back be long and straight, enjoying breath as it rises and falls and rises.

May I know and be intimate with body mind, whatever its feeling or mood, calm or agitated, tired or energetic, irritated or friendly.

Breathing in and out, in and out, aware, moment by moment, of the risings and passings.

May I be attentive and gentle towards my own discomfort and suffering.

May I be attentive and grateful for my own joy and well-being.

May I move towards others freely and with openness.

May I receive others with sympathy and understanding.

May I move towards the suffering of others with peaceful and attentive confidence.

May I recall the Bodhisattva of compassion; her 1,000 hands, her instant readiness for action. Each hand with an eye in it, the instinctive knowing what to do.

May I continually cultivate the ground of peace for myself and others and persist, mindful and dedicated to this work, independent of results.

May I know that my peace and the world's peace are not separate; that our peace in the world is a result of our work for justice.

May all beings be well, happy, and peaceful.

Four Vows

Beings are numberless;
I vow to awaken with them.
Delusions are inexhaustible;
I vow to end them.
Dharma gates are boundless;
I vow to enter them.
Buddha's way is unsurpassable;
I vow to become it.

Refuges

I take refuge in Buddha
I take refuge in Dharma
I take refuge in Sangha
I take refuge in Buddha as the perfect teacher
I take refuge in Dharma as the perfect teaching
I take refuge in Sangha as the perfect life
Now I have completely taken refuge in Buddha
Now I have completely taken refuge in Dharma
Now I have completely taken refuge in Sangha