

## A Prayer

May all the suffering we are aware of  
only clarify and strengthen our vows

May it cause us to give rise to greater courage and commitment,  
fearlessness in the face of delusion, and affliction,  
and power to our limbs and to our thoughts and prayers

May it cause us to awaken to the preciousness of this time,  
and each life,  
and work day and night to heal the sick,  
to rescue the lost,  
to comfort the stricken,  
to encourage the fearful,  
to give to the hungry,

to clothe those exposed to the bitter elements,  
to liberate those caught in addictions of all kinds  
to hold a mirror to the beauty of the world  
to be a song of remembrance  
to rekindle the sense of our innate dignity,  
our belonging,  
and our joy

May the fullness of love manifest in us all now

May we take up the gifts of our spiritual ancestors  
and read aloud each day from the rooftops and in the parks  
and on the trains  
from the holy letters they have left us

May all our prayers for each other pour forth  
May we find that every action is meaningful

May we create the world that from within us longs to be born

Tirelessly, compassionately, for all who struggle and are lost,  
for all who are closed in on themselves, or mesmerized  
for all those who know only violence  
whose world is already hell

May I go there without hesitation,  
forever,  
and lead them out

for all who do not know the treasures we hold within  
or who do not know the beauty of our children, and our elders,  
and our brothers and sisters everywhere -

May there be nothing less than full awakening for them

With gratitude for all my family  
and for all my near and distant relations

With abundant gratitude for our teachers,  
for all the healers of the world,  
for our ancestors,  
and for our natural home

I too dedicate all positive energy today  
to the comfort and healing of all who need it.

May peace awaken.  
May greater love awaken in me,  
and in all my friends and family,  
and in all the world.