

## Sah's Meditation Transcript

Hello and welcome. My name is Sah D'Simone and in today's practice we're going to recite a prayer. And this happens to be one of the Dalai Lama's favorite prayers. It is extracted from a guide to the bodhisattva way of life.

And you may wish to just hear the words and allow them to permeate your mind and to connect with a spiritual heart.

May all beings everywhere

*(May all be everywhere)*

Plagued by sufferings of body and mind

*(Plagued by sufferings of body and mind)*

Obtain an ocean of happiness and joy

*(Obtain an ocean of happiness and joy)*

By virtue of my merits

*(By virtue of my merits)*

May no living creature suffer

*(May no living creature suffer)*

Commit evil or ever fall ill

*(Commit evil or ever fall ill)*

May no one be afraid or belittled

*(May no one be afraid or belittled)*

With a mind weighed down by depression

*(With a mind weighed down by depression)*

May the blind see forms

*(May the blind see forms)*

May the deaf hear sounds

*(May the deaf hear sounds)*

May those whose bodies are worn with toil

*(May those whose bodies are worn with toil)*

Be restored and find repose

*(Be restored and find repose)*

May the naked find clothing

*(May the naked find clothing)*

That hungry find food

*(That hungry find food)*

May the thirsty find water and delicious drinks

*(May the thirsty find water and delicious drinks)*

May the poor find wealth

*(May the poor find wealth)*

Those weep with sorrow find joy

*(Those weep with sorrow find joy)*

May the for alone find hope

*(May the for alone find hope)*

In constant happiness and prosperity

*(In constant happiness and prosperity)*

May there be timely rains

*(May there be timely rains)*

And bountiful harvests

*(And bountiful harvest)*

May all medicines be effective

*(May all medicines be effective)*

And wholesome prayers bear fruit

*(And wholesome prayers bear fruit)*

May all who are sick and ill

*(May all who are sick and ill)*

Quickly be freed from their illness

*(Quickly be freed from their illness)*

Whatever diseases there are in the world

*(Whatever diseases there are in the world)*

May they never occur again

*(May they never occur again)*

May the frightened cease to be afraid

*(May the frightened cease to be afraid)*

Those bound to be freed

*(Those bound to be freed)*

May the powerless find power

*(May the powerless find power)*

May people think of benefiting each other

*(May people think of benefiting each other)*

For as long as space remains

*(For as long as space remains)*

For as long as sentient beings remain

*(For as long as sentient beings remain)*

Until then

*(Until then)*

May I too remain

*(May I too remain)*

To dispel the miseries of the world.

*(To dispel the miseries of the world).*