

BLESSINGS

“As above, so below,
As within, so without”

Compassion Meditation Metta Buddhist Prayer

May all being be peaceful,
May all beings be happy,
May all beings be safe,
May all beings awaken to
The light of their true nature.
May all beings be free!

- -maitri

From a sutra written by the Buddha

*This body is not me, I am not caught in this body.
I am life without boundaries. I have never been born,
And shall never die.
Look at the ocean and the sky filled with stars, manifestations of my
wondrous true mind.
Since before time, I have been free.
Birth and death are only doors through which we pass, sacred
thresholds on our journey.
Birth and death are just a game of hide and seek.
So laugh with me,
Hold my hand,
Let us say goodbye,
Say goodbye, to meet again soon.
We meet today.
We will meet again tomorrow.
We will meet at the source at every moment.
We meet each other in all forms of life.*