

## INTERCESSORY PRAYER/DEDICATION OF MERIT (METTA)

1. May every living being / our minds as one and radiant with light,  
share the fruits of peace / our hearts of goodness luminous and bright.  
If people hear and see / how hearts and hands can find, in giving, unity,  
may their minds awake / to great compassion, wisdom and to joy.  
May goodness find reward;  
may all who sorrow leave their grief and pain.  
May this boundless light / dispel the darkness of their endless night.  
Because our hearts are one, / this world of pain turns into paradise.  
May all become compassionate and wise!

*adapted from the Chinese by the Rev. Heng Sure*

2. May all beings be happy.  
May they be joyous and live in safety.  
All living beings, whether weak or strong,  
In high or middle or low realms of existence,  
Small or great, visible or invisible,  
Near or far, born or to be born,  
May all beings be happy.  
Let no one deceive another, nor despise any being in any state;  
Let none by anger or hatred wish harm to another.  
Even as a mother at the risk of her life watches over and protects her only child,  
so with a boundless mind should one cherish all living things,  
suffusing love over the entire world, above, below and all around without limit;  
so let one cultivate an infinite good will toward the whole world.  
Standing or walking, sitting or lying down,  
during all one's waking hours, let one practice the way with gratitude.

*Mel Weismann, Berkeley Zen Center*

3. May all beings have happiness and the causes of happiness;  
may all beings be away from sorrow and the causes of sorrow;  
may all never be separate from the sacred happiness that is sorrowless.  
May all leave attachments to dear ones, and aversions to others,  
and live believing in the equalness of all that lives.  
May all be free of the fears of sickness, old age and death,  
their mind established in the right view that sees the real.  
May all grow to love one another;  
and may the divine joy that is limitless grow and increase. (*Tibetan*)

4. Whatever beings there are,  
may they be free from enmity,  
may they be free from hurtfulness,  
may they be free from troubles,  
may they be able to protect their own happiness.  
Whatever beings there are,  
may they be free from suffering.  
Whatever beings there are,  
may they not be parted from the good fortune obtained by them. (*Theravadan*)