



FULL POWER — W O M E N —

Loving Kindness Meditation

Loving Kindness meditation from the Buddhist tradition, involves saying a prayer, or mantra for various people—Yourself, a loved one, a sacred friend (someone or ones you find very challenging), and we end with praying for all peoples everywhere.

For each focus person, cycle through the 4 lines at least twice, as many as 4 times.

*May *I feel safe*

*May *I feel peaceful*

*May *I walk in ways of love and light*

*May *I always know the true power of forgiveness and compassion.*

** 2cd time say for a loved one-You*

**3rd time for a Sacred Friend (someone who challenges you)-You*

**4th time for all of Humanity- We All*

Bodhisattva Prayer for Humanity

Accredited to Shantidiva, a Buddhist sage from 700 AD.

"May I be a guard for those who need protection

A guide for those on the path

A boat, a raft, a bridge for those who wish to cross the flood

May I be a lamp in the darkness

A resting place for the weary

A healing medicine for all who are sick

A vase of plenty, a tree of miracles

And for the boundless multitudes of living beings

May I bring sustenance and awakening

Enduring like the earth and sky Until all beings are freed from sorrow

And all are awakened."