

Reflections on Universal Well-Being

May we abide in well-being
In freedom from affliction
In freedom from hostility
In freedom from ill-will
In freedom from anxiety

And may we maintain well-being in ourselves.

May everyone abide in well-being
In freedom from hostility
In freedom from ill-will
In freedom from anxiety
And may they maintain well-being in
themselves

May all beings be released from all
suffering

And may they not be parted from the
good fortune they have attained

When they act upon intention

All beings are the owners of their action
and inherit its results

Their future is born from such action
companion to such action

And its results will be their home

All actions with intention

Be they skillful or harmful

Of such acts they will be the heirs

SALUTATION TO THE TRIPLE GEM

Araham samma sambuddho bhagava,
Buddham bhagavantam abhivademi.

The Buddha is the Blessed One, the all enlightened One, The Holy One, I pay homage to that Buddha.

(Make a prostration to show respect)

Svakkhato bhagavata dhammo, Dhammam namassami.

Well-preached the teaching of the Buddha, I pay homage to that Dhamma.

(Make a prostration to show respect)

Supatipanno bhagavato savakasangho, Sangham namami.

Well behaved the Noble Disciples of the Buddha, I pay homage to that Sangha.

(Make a prostration to show respect)