

## Verses of Kindness & Compassion

May all beings everywhere  
Plagued by sufferings of body and mind  
Obtain an ocean of happiness and joy  
By virtue of my merits.

May those feeble with cold find warmth,  
And may those oppressed with heat be cooled  
By the boundless waters that pour forth  
From the great clouds of the Bodhisattvas' merits.

May the regions of hell become places of joy  
With vast and fragrant lotus pools  
Beautified with the exquisite calls  
Of wild ducks, geese and swans.

May the forest of razor-sharp leaves  
Become a beautiful pleasure grove,  
And may the trees of knives and swords  
Grow into wish-fulfilling trees.

May the rains of lava, blazing stones  
and weapons  
From now on become a rain of flowers,  
And may all battling with weapons  
From now on be a playful exchange of flowers.

May the blind see forms,  
May the deaf hear sounds  
And just as it was with Mayadevi,  
May pregnant women give birth  
without any pain.

May the naked find clothing,  
The hungry find food;  
May the thirsty find water  
And delicious drinks.

May the poor find wealth,  
Those weak with sorrow find joy;  
May the forlorn find new hope,  
Constant happiness and prosperity.

May all who are sick and ill  
Quickly be freed from their illness,  
And may every disease in the world  
Never occur again.

May the frightened cease to be afraid  
And those bound be freed;  
May the powerless find power,  
And may people think of benefitting  
one another.

May all travellers find happiness  
Everywhere they go,  
And without any effort may they accomplish  
Whatever they set out to do.

May those who sail in ships and boats  
Obtain whatever they wish for,  
And having safely returned to the shore  
May they joyfully reunite with their relatives.

May troubled wanderers who have lost their way  
Meet with fellow travellers,  
And without any fear of thieves and tigers  
May their going be easy without any fatigue.

May those who find themselves in trackless,  
fearful wildernesses,  
The children, the aged, the unprotected,  
Those stupefied and the insane,  
Be guarded by beneficent celestials.

May beings be freed from all states of no leisure  
And be endowed with faith, wisdom  
and kindness;  
With food obtained in a proper manner and  
excellent conduct,  
May they be mindful throughout their lives.

May all beings be without want for wealth  
Just like the treasury of space,  
And without it being the source of dispute  
or harm  
May they always enjoy it as they wish.

May those who have little splendor  
Come to be endowed with majesty;  
And may those whose bodies are worn with toil  
Find magnificent and noble forms.

By the merits I have accumulated  
May every single being  
Abandon all forms of evil  
And be perpetually engaged in virtue.

May no living creature ever suffer,  
Commit evil or ever fall ill.  
May no one be afraid or belittled,  
Or their minds ever be depressed.

In all temples and monasteries  
May reading and recitation flourish and remain;  
May the Sangha always be in harmony  
And may their purposes be accomplished.

May those desiring to practice  
Find quiet and solitary places,  
And through having abandoned all  
wandering thoughts  
May they meditate with flexible minds.

May the teachings, which are the sole  
medicine for suffering  
And the origin of every joy,  
Be materially supported and honored  
And abide for a very long time.

May all the pains of living creatures  
Ripen solely upon myself,  
And through the might of the  
Bodhisattva Sangha  
May all beings experience happiness.

For as long as space endures  
And for as long as living beings remain,  
Until then may I too abide  
To dispel the misery of the world.

From Shantideva's *Guide to the Bodhisattva's  
Way of Life*, translated by Stephen Batchelor.  
Verses arranged by George Draffan.