

A MANTRA TO LIVE BY

“MAY WE BE HAPPY”

**“MAY WE BE FILLED WITH PEACE, LOVE AND COMPASSION TOWARDS OURSELVES
AND ALL WHO CROSS OUR LIFE’S PATH”**

“MAY WE BE KIND TO OURSELVES AND ALL OTHERS”

“MAY WE ACCEPT OURSELVES AND OTHERS UNCONDITIONALLY”

**“MAY WE WISH SAFETY, HEALTH, LOVE AND PEACE FOR OURSELVES, OUR FELLOW
MAN AND ALL LIVING CREATURES”**

“MAY WE ALLOW LOVE TO FLOW TO US AND FLOW THROUGH US”

**“MAY WE WISH OURSELVES, OTHERS AND ALL LIVING THINGS TO BE FREE OF PAIN
AND PHYSICAL DISTRESS”**

LET US TELL OURSELVES!

REPROACH NO ONE. HOLD A GRUDGE AGAINST NO ONE.

BEAR MALICE AGAINST NO ONE. BE WISE, BE TOLERANT, BE PATIENT.

BE CONSIDERATE. BE POLITE AND KIND TO ALL. WATCH YOUR THOUGHTS;

THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS.

WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS;

THEY BECOME CHARACTER. WATCH YOUR CHARACTER FOR IT BECOMES

YOUR DESTINY.

MAY WE BE GRANTED PEACE, LOVE, KINDNESS AND ENLIGHTENMENT