

Shantideva's Prayer
From the Buddhist tradition

As recited by Rev. Patricia Mushim Ikeda, East Bay Meditation Center

May I be a protector to those without protection,
A leader to those who journey,
A boat, a bridge, a passage to those desiring the shore of non-suffering.

May the pain of every living creature be completely cleared away

May I be the doctor, and the medicine, and may I be the nurse for all sick beings until everyone is healed.

Just like space and the great elements such as Earth may I always support the life of all the many creatures.

And until they pass away from pain, may I also be the source of life for all the realms of varied beings that reach into the ends of space.