



Children's National.

Chaplaincy Services



Prayers from the Buddhist
Tradition

Blessing and Healing Chant

Just as the soft rains fill the streams, pour into the rivers and join together in the oceans, so may the power of every moment of your goodness flow forth to awaken and heal all beings, Those here now, those gone before, those yet to come.

*By the power of every moment of your goodness...
May your heart's wishes be soon fulfilled, as completely shining as the bright full moon, as magically as by a wish-fulfilling gem.
May all dangers be averted and all disease be gone.
May no obstacle come across your way.
May you enjoy fulfillment and long life.*

For all in whose heart dwells respect, who follow the wisdom and compassion of the Way, May your life prosper in the four blessings, of old age, beauty, happiness and strength.



Golden Chain Prayer

We are a link in Amidas golden chain of love that stretches around the world.

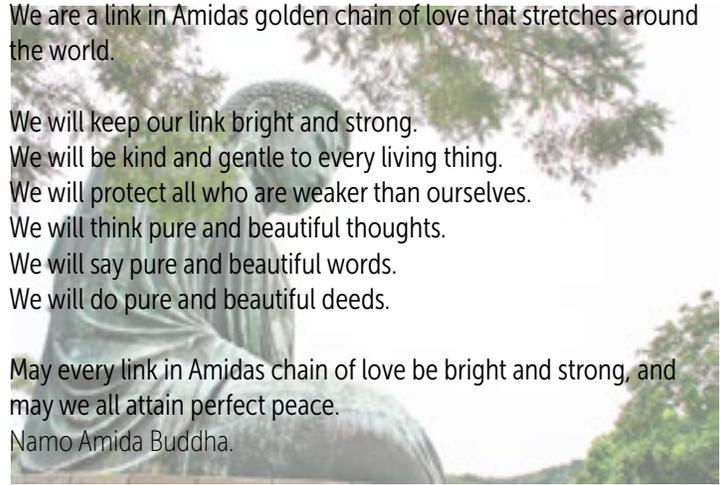
We will keep our link bright and strong.
We will be kind and gentle to every living thing.
We will protect all who are weaker than ourselves.
We will think pure and beautiful thoughts.
We will say pure and beautiful words.
We will do pure and beautiful deeds.

May every link in Amidas chain of love be bright and strong, and may we all attain perfect peace.

Namo Amida Buddha.

Universal Love Aspiration

Through the working of Great Compassion in their hearts,
May all beings have happiness and the causes of happiness,
May all be free from sorrow and the causes of sorrow;
May all never be separated from the sacred happiness, which is sorrowless;
And may all live in equanimity, Without too much attachment and too much aversion; and live believing in the equality of all that lives.
Namo Amida Buddha



PRAISE TO BUDDHA SHAKYAMUNI

O Blessed One, Shakyamuni Buddha,
Precious treasury of compassion,
Bestower of supreme inner peace,
You, who love all beings without exception,
Are the source of happiness and goodness;
And you guide us to the liberating path.
Your body is a wishfulfilling jewel,
Your speech is supreme, purifying nectar,
And your mind is refuge for all living beings.
With folded hands I turn to you,
Supreme unchanging friend,
I request from the depths of my heart:
Please give me the light of your wisdom
To dispel the darkness of my mind
And to heal my mental continuum.
Please nourish me with your goodness,
That I in turn may nourish all beings
With an unceasing banquet of delight.
Through your compassionate intention,
Your blessings and virtuous deeds,
And my strong wish to rely upon you,
May all suffering quickly cease
And all happiness and joy be fulfilled;
And may holy Dharma flourish for evermore.



*Composed by Venerable Geshe Kelsang Gyatso at Manjushri Centre, England, June 2001
© Geshe Kelsang Gyatso and New Kadampa Tradition 2001*

The following prayer, adapted from a lecture by The Buddha, is an all-encompassing and powerful prayer to repeat to yourself:

In order that I may be skilled in discerning what is good, in order that I may understand the path to peace,
Let me be able, upright, and straightforward, of good speech, gentle, and free from pride;
Let me be contented, easily satisfied, having few duties, living simply, of controlled senses, prudent, without pride and without attachment to nation, race, or other groups.
Let me not do the slightest thing for which the wise might rebuke me. Instead let me think:
"May all beings be well and safe, may they be at ease.
Whatever living beings there may be, whether moving or standing still, without exception, whether large, great, middling, or small, whether tiny or substantial,
Whether seen or unseen, whether living near or far,
Born or unborn, may all beings be happy.
Let none deceive or despise another anywhere. Let none wish harm to another, in anger or in hate."
Just as a mother would guard her child, her only child, with her own life, even so let me cultivate a boundless mind for all beings in the world.
Let me cultivate a boundless love for all beings in the world, above, below, and across, unhindered, without ill will or enmity.

Standing, walking, seated, or lying down, free from torpor, let me as far as possible fix my attention on this recollection. This, they say, is the divine life right here.



Chenrezig: The Embodiment of Compassion

We imagine ourselves to be a Buddha, in this case the Buddha of Compassion, Chenrezig. By replacing the thought of yourself as you with the thought of yourself as Chenrezig, you gradually reduce and eventually remove the fixation on your personal self, which expands your loving kindness and compassion, toward yourself and toward others, and your intelligence and wisdom becomes enhanced, allowing you to see clearly what someone really needs and to communicate with them clearly and accurately.

In most religious traditions, one prays to the deities of the tradition in the hopes of receiving their blessing, which will benefit one in some way. In the vajrayana Buddhist tradition, however, the blessing and the power and the superlative qualities of the enlightened beings are not considered as coming from an outside source, but are believed to be innate, to be aspects of our own true nature. Chenrezig and his love and compassion are within us.



In doing the visualization practice we connect with the body and voice and mind of the Buddha by the three aspects of the practice. By our posture and certain gestures we connect with the body, by reciting the words of the liturgy and by repeating the mantra we connect with the voice, and by imagining the visual form of the Buddha we connect with the mind. *Om Mani Padme Hum* is the mantra of Chenrezig.

*If there is to be peace in the world,
There must be peace in the nations.
If there is to be peace in the nations,
There must be peace in the cities.
If there is to be peace in the cities,
There must be peace between neighbors.
If there is to be peace between neighbors,
There must be peace in the home.
If there is to be peace in the home,
There must be peace in the heart.*

- Lao Tsu's Peace Prayer -

This prayer is good, short prayer that can be repeated as a mantra. Remember to focus on yourself and your own spiritual growth, not simply asking for it from Buddha:

*I take refuge in the Buddha, Dharma,
and Sangha
Until I attain Enlightenment.
By merit accumulations from practicing
generosity and the other perfections
May I attain Enlightenment, for the benefit
of all sentient beings.*

Sangha translates as "community, group, or assembly." It usually refers to the community of believers in Buddhist ideals.

Dharma is the overall universal truth common to all people. It is the common force, of sorts, that binds and holds the universe together.

This resource provided by the Office of InterFaith Pastoral and Spiritual Care. For more information/resources please call 202-476-3321. If you are in the hospital and would like to see a chaplain, please call 202-476-3070 and ask for a chaplain to be paged.