His Holiness Dalai Lama’s Daily Prayer
Excerpt from Shantideva’s Way of the Bodhisattva

“May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.
May the forlorn find hope,
Constant happiness, and prosperity.

May no living creature suffer,
Commit evil, or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.
May all medicines be effective
And wholesome prayers bear fruit.

May the blind see forms
And the deaf hear sounds,
May those whose bodies are worn with toil
Be restored on finding repose.
May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.

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;
For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.”